Newmarket
WEEKLY NEWS
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Truce is called in row over advertising boards
PAGE 3

DRIVERS FEEL THE HEAT FOR CHARITY
PAGE 4

Ruling to close middle schools

BY JOHN GOODE
Email: editorial@newmarketweeklynews.co.uk

THE CLOSURE of five middle schools has been approved by the independently– appointed schools adjudicator.

The adjudicator, Alan Parker, has been considering Suffolk County Council's plans to switch to a two-tier system which will mean the closure of middle schools in Newmarket and Mildenhall.

Despite protests from parents, teachers and pupils, he has agreed that the reorganisation can go ahead.

In Newmarket it will mean the closure of Scaltback and St Felix middle schools.

The only modification to the county council's proposals that Mr Parker has made is to increase the number of places available for new pupils at Exning Primary School from 15 to 20.

The school had contested the cut in admissions.

Mr Parker said, in his report: "I am persuaded of the value of changing from a three-tier system to a two-tier system in this area in terms of the likely quality of education."

He said he was satisfied that the council would have the money available to carry out the changes – an issue raised by parents.

He said: "Although there has been opposition, much of which has been based on genuine affection and support for the middle schools, I believe there is also a significant, if less vocal, body of opinion that would be content to see the proposals implemented."

He added that the changes could improve education in Newmarket and a proposed new schools trust would help achieve it.

Cllr Graham Newman, the county council's portfolio holder for children, schools and young people's services, said: "We will plan carefully with the schools to ensure adequate preparation has taken place to make the transition as smooth as possible.

"Funding remains in place to implement these changes.

"We are committed to offering all young people in Suffolk a wide and varied curriculum. The changes approved by the schools adjudicator will help young people to reach their full potential."

The phased changeover will begin next year and the middle schools will close at the end of the 2012 summer term.

Top flight: darts champion Keith Deller, who took on customers at the Betfred shop in Newmarket, is pictured with, from left, Eugine Fay, Clive Rayner, Makayla Beckett and Tony Hughes. See story – Page 3.
Picture: Keith Jones 616010.

INSIDE

Breakthrough
Research scientists hope to help ponies
PAGE 5

Demonstration
Trainers' wives in stage protest
PAGE 7

Sales of £177m
Confidence returning to racing industry
PAGE 14

Councils' vow
Fight may go to Supreme Court
PAGE 20

WHAT'S ON

Oh yes it is!
Your guide to the region's best pantos
PAGE 22

On the box
All the weekend's viewing at a glance
PAGE 25

SPORT

Gammon's hot
Richard Gammon bows out with a flourish
BACK PAGE

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Pedal power: warming up, some of the team who will be taking part in the spinathon charity event to raise money for the Cystic Fibrosis Trust and Headway.

Picture: Pete Felstead 615782

Twelve-hour spinathon to raise money for two charities

TWO charities are set to benefit from a static cycling "spinathon" event being held as a tribute to three young people, including one from Newmarket, who lost their lives.

The Triple 12 marathon takes place for 12 hours on the 12th day of the 12th month at Huntingdon Leisure Centre and will raise money for the Cystic Fibrosis Trust and Headway, the brain injury charity.

It is the brainchild of St Neots businesswoman Sarah Lees who lost two cousins, Catherine and Christopher Andrew, to cystic fibrosis and is being held for the second time. The ride will also be a tribute to Alex Richardson, 21, from Newmarket, who died after suffering head injuries in a fall.

Sarah said: "Both Catherine and Christopher were incredible in their drive and determination to lead as normal a life as possible, but ultimately they both lost their fight for life at the ages of just 24 and 33, so 12 hours on a spinning bike in their memory to raise money for the charity to continue in their work to try to find a cure is just a small token compared with young lives lost."

Since last year's event Sarah's friend and spinning instructor Amy Davies, from Fenstanton, lost her cousin Alex and so the spinners will also be riding for Headway.

Amy said: "Alex was so kind and always helping others so we want to help Headway in his name. Raising money and awareness for both these fantastic charities will help them carry on to prevent other people suffering such devastating bereavements."

Katy Davies, 15, is the youngest planning to ride for the full 12 hours.

Police advice to stay safe this festive period

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

A POLICE campaign has been launched to warn Christmas and New Year revellers to keep safe.

As well as messages about drink-driving and avoiding becoming victims of sex attackers or muggers, Suffolk police are also encouraging victims of domestic violence to report incidents.

In Newmarket the SOS Bus and town pastors will be in the town to help people who are suffering from the effects of drink or drugs.

But the City of London police horses will not be joining local officers this year as they have in previous years due to a shortage of funding.

Across Suffolk 578 people were arrested in December, 2008, for drink-related offences – a fall of around 30 on the previous year.

The county force's Operation Staysafe will be aiming to tackle drink-related crimes.

Officers will use "Section 27" notices to ban offenders from town centres as well as issuing £80 fixed penalty on-the-spot fines for minor offences.

Insp Chris Gilmore, crime reduction officer, said: "Traditionally the Christmas and New Year period is a time when more people go out in our towns and more alcohol is consumed.

"This can lead to more violence, anti-social behaviour and disorder.

"We want everyone to enjoy a safe, fun night out in our towns and villages this Christmas.

"My message is, if you cause trouble, you will be firmly but fairly dealt with.

"Consuming too much alcohol can also make you more vulnerable. Please don't put yourself at risk. Ask yourself . . . will you be safe? Are you in control? Have you let someone know what you are doing and where you are going? Will this seem like a good idea in the morning?"

Advice includes sticking to well-lit areas and avoiding cars parked with their engines running.

Police also advise that revellers, women in particular, should carry personal alarms.

Parents may get permits to park

PARENTS on the school run could be allowed free use of a public car park to drop off and pick up their children.

Permits could be issued to parents at All Saints Primary School in Newmarket to allow them 45 minutes free parking in nearby car parks at the start and end of the school day.

The move has been suggested as a concession if Forest Heath District Council abolishes the current free half-hour parking in Newmarket's car parks.

The school raised the issue when the council proposed scrapping the free half hour as well as increasing charges at the town's car parks.

The school included the use of the nearby Rous Road car park in its travel plan – for which it recently received accreditation in a government scheme.

Councillors will decide on Wednesday whether to agree to the parents' permits. A report by Andrew Claydon, the council's strategic director (resources), said that the parents' concession would cost £7,000 in reduced income.

At the same time the council will decide how much to charge for parking in future.

Mr Claydon said the increase in charges was needed to help replace a budget shortfall. He has warned councillors that council services may have to be cut if the rise in charges does not go ahead.

Parking charges were introduced in Newmarket nearly four years ago despite a sustained campaign by local businesses who opposed the move.

They currently stand at 30p for two hours and 60p for up to three hours with a free half hour.

Councillors are being asked to choose from three options, all of which suggest a rise to 50p for two hours with between 80p and £1 for up to three hours. But other variations could be considered by the council.

Christmas cheer for pre-school thanks to gifts from businesses

BUSINESSES have rallied round to help a pre-school raise money to keep it running.

Stepping Stones pre-school, based in Exning, thought this year's annual Christmas fundraiser would not happen because of the credit crunch.

But a dozen local businesses have donated prizes for a festive raffle which is hoped will raise hundreds of pounds for the pre-school. The money will be spent on essential items such as a new ramp for access to the school and maintenance work.

Prizes range from a meal at the Fountain restaurant in High Street, Newmarket, a tour around Chilford Hall vineyard followed by wine tasting through to a year's subscription of your favourite magazine thanks to Londis in Oxford Street, Exning.

Sarah Thompson, manager of Stepping Stones pre-school, said: "We have been absolutely bowled over by the generosity of businesses in Newmarket, particularly given the current economic climate. We would like to thank all those businesses who have dug deep to make this Christmas extra special for our children at Stepping Stones."

Prize guys: from left, Fernando and Karen from Londis, Sarah Thompson, Stepping Stones pre-school manager, Christie Allen, from Stepping Stones pre-school, with some of the children from the pre-school holding some of the magazines people could win in their charity raffle. CP.

Truce in row over advertising boards

A TRUCE has been called in the battle over the "clutter" of unauthorised advertising signs in Newmarket town centre.

Town councillors have agreed to call for an amnesty in legal action against traders who own the signs.

Council officials who have the authority to seize the offending signs have been asked to hold off action until after the Christmas and New Year period.

Shop owners made a plea to the town council's finance and policy committee for an amnesty to help them through the busy trading period.

The committee is recommending that the full council accepts the amnesty at its meeting on Monday. But in the meantime district council officials, who have the legal power to seize unauthorised signs, have been asked to hold off.

The row over the signs broke out after

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the town council decided to act to remove "clutter" from pavements in the High Street and nearby areas as part of the Clean Up Newmarket campaign.

Last month traders were given 21 days notice to either apply for permission or take their signs away.

Some applied for planning permission, at a cost of £335, but there was a backlash of protest from others.

Four of the affected traders gave their views to councillors at the meeting and appealed for action to be put on hold – until some alternative officially-approved signs are installed.

Cllr Jane Bailey, the mayor and leader of the Clean Up Newmarket campaign, said: "I don't think the council should condone people not complying with the law."

She said the laws covering advertising applied across the country.

But the committee agreed to recommend an amnesty until January to allow more time for talks about permanent, and officially approved, signs to advertise businesses off the High Street.

Afterwards one of the traders, Julie Eden, who runs Coffee and Co at the junction of Sun Lane and Palace Street, welcomed the amnesty.

She said: "I lost between 30 and 40 per cent of my trade when I couldn't display my sign in the High Street. I couldn't afford to have that happen again.

"If there is some other means of advertising all the businesses down Sun Lane, then I would be willing to take the A-board away.

"But this isn't going to go away. People are up in arms about it and the council needs to be more pro-active."

Darts champion Deller takes on punters

DARTS champion Keith Deller took on punters in a new betting shop.

Deller, 1983 world champion and winner of this year's Betfred.com League of Legends championship, was taking part in a three-dart challenge at the new Betfred branch in Newmarket High Street.

Challengers were allowed six darts to try to beat his score.

Anyone who managed to outscore him was given a certificate and a free £5 bet on Betfred's "Goals Galore" football coupon. There were also other prizes on offer for high scores.

Betfred spokesman Jon Wilde said: "Keith's performance in the Betfred.com League of Legends tournament showed he is still at the top of his game and he is always happy to pass on the benefit of his experience to budding darts players."

The new Betfred branch has opened in what was previously the local branch of the Woolwich which closed when the former building society merged with Barclays bank.

pt
SUPPLIERS AND INSTALLERS

Apt

Men admit car park assault

TWO men accused of assaulting a couple in a car park have admitted causing actual bodily harm.

Lee Sparks and Michael Sheldrake, both 23 and from Laurel Close, Red Lodge, were originally charged with causing grievous bodily harm to Simon Herzog and Maria Massott in Newmarket's park and ride car park in Willie Snaith Road in the early hours of Friday, July 31.

Sparks and Sheldrake previously denied the charge when they appeared at magistrates' court.

But they have now admitted a less serious charge of causing actual bodily harm.

The pair changed their plea to admit the offence on the day that they were due to go on trial at Ipswich Crown Court.

Judge John Holt remanded them in custody for sentencing during the week of January 11.

The judge asked the probation service to prepare presentence reports on the men.

The victims of the assault needed hospital treatment.

Feeling the heat: Lewis Roper and Ben Thomas during the rally. Inset, the cheque is presented to Jenny Baskett, the hospice's challenges and events fundraiser. CP

Rally drivers tackle Sahara with 'Larry'

RALLY champions Lewis Roper and Ben Thomas raised nearly £1,000 for a hospice by driving 4,500 miles across the Sahara Desert.

The pair completed the gruelling Sahara Rally in a 1973 Volkswagen Beetle to raise the cash for the St Nicholas Hospice in Bury St Edmunds.

Lewis, from Isleham, and Ben, from Girton, near Cambridge, had already won BTRDA Rally First championship this year in a Nissan Micra when they set out on the Sahara Rally which started from Cambridge.

BY JOHN GOODE

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The Beetle, which they called Larry, successfully reached the finish of the rally. But it broke down in Spain on the return journey.

Lewis said: "Everyone else who took part went for a 4x4 vehicle but we wanted something a little bit different.

"Everyone loved it and although we were often slower than everyone else, we were always greeted with rapturous applause when we reached a checkpoint.

"When we were driving through some of the mountains in north Africa it was quite funny to see this tiny Beetle alongside lorries carrying so much they looked like they would fall over.

"Driving over the Atlas mountains was a particular highlight and it was a real once in a lifetime experience."

The pair presented a cheque to the hospice at the weekend.

Council scores high marks

A COUNCIL has welcomed inspection results which show it is performing "consistently well."

Forest Heath District Council scored three out of four for managing performance and use of resources in the report by the Audit Commission.

The report said: "Forest Heath District Council performs well overall.

"It manages its finances and resources well to deliver its corporate objectives.

"It is making improvements in areas which are priorities for local people."

Cllr Geoffrey Jaggard, council leader, said: "We are delighted with these high scores for our work.

"We are determined, even in these difficult times, to build on this improvement which has direct benefits for the people who live and work in the district."

The report highlighted the council's work with the West Suffolk Local Strategic Partnership to cut crime and tackle alcohol and substance misuse.

The council was also praised for its money-saving partnerships with other councils.

Councils may become 'preferred partners' in bid to save money

TWO NEIGHBOURING councils are set for closer co-operation to save money.

Forest Heath District Council, which covers the Newmarket and Mildenhall areas, and St Edmundsbury Borough Council, which covers Haverhill and Bury St Edmunds, are set to become "preferred partners".

The move will mean greater use of shared services, although it will not go as far as a merger.

At this stage, details of the co-operation have not been worked out and no job losses are planned.

The councils already have a joint waste management committee and are being recommended to establish a joint steering group of councillors.

In a joint statement, Cllr John Griffiths, St Edmundsbury Borough Council leader, and Cllr Geoffrey Jaggard, Forest Heath District Council leader, said: "People have a strong sense of local identity but quite rightly have an expectation that councils will not let boundaries get in the way of making savings.

"In these difficult economic times, when every council is facing the same financial challenges, it makes sense to see where we can drive costs down by sharing staff and overheads. By closer collaboration, initially between ourselves and hopefully other partners in the future, we expect to continue improving local services across West Suffolk."

A three-year programme will be drawn up, if councillors agree, to show where savings can be made.

The council leaders said: "Both councils need to save millions from their revenue budgets in the coming years and careful planning avoids the need for knee-jerk reactions to these financial pressures.

"This is not a formal merger of our two councils – each has its own distinct identity and local priorities – but sharing some services at various levels will help us to get the best value for money for the Council Tax payers in each area."

Bag stolen

A LEATHER bag containing papers, keys and a computer USB stick was stolen by a walk-in thief.

The burglar got into the house in New Cheveley Road, Newmarket, through an unlocked door between 5.30pm on Friday and 8.15am on Monday.

The bag and its contents are worth around £55.

Band concert

SOHAM Comrades Band will present its annual Christmas concert on Saturday.

It will be held in St Andrew's Church and will start at 7.30pm.

There will also be carol singing, a festive raffle and refreshments.

Tickets are £6 and under 8s go free.

Christmas treats: Rosie French, 15, Sophie Wetz, 10, Lucy French, 14, and Linda Baulk on the Christmas chocolate stall.

Picture: Keith Heppell 615624.

Rain fails to dampen festive spirit

FANCY dress competitions and a visit from Santa have raised around £500 for Cancer Research UK.

Despite the rain, more than 100 people turned out for a festive family event in Soham on Sunday.

The East Cambridgeshire committee for Cancer Research UK held a fun-filled fundraiser in the grounds of the Cherry Tree pub, on Fordham Road.

Families were treated to a range of festive stalls and demonstrations, as well as the chance to enter a grand prize draw.

Santa and his reindeer also turned up for the event, providing children with presents and to judge the fancy dress competition.

Nicola Cole, a committee member, said: "The weather was poor but we were pleased with the turn-out.

"Santa was a huge hit with the children and we are so pleased to have raised around £500."

For more information about the fundraising committee, email *eastcambs4cruk@tiscali.co.uk* or visit *www.justgiving.com/eastcambs4cruk*

Pony disease breakthrough

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

SCIENTISTS have made a breakthrough in research to combat a condition which can lead to the death of young ponies.

Experts working at the Animal Health Trust at Kentford and the University of Liverpool have identified the mutation responsible for Foal Immunodeficiency Syndrome (FIS), also known as Fell Pony Syndrome.

They are hoping to produce a DNA test which will be available from February which will identify carriers of the mutation.

FIS is a fatal disorder which causes foals to become anaemic and more prone to infection.

It affects Fell ponies and Dales ponies.

The team led by the AHT's Dr June Swinburne and Laura Fox-Clipsham, in collaboration with Professor Stuart Carter, of the University of Liverpool, believe the discovery will prevent unnecessary suffering by preventing the birth of foals affected with this dreadful condition.

Dr Swinburne, said: "After 10 years of research, this is an exciting and important discovery for breeders of Fell and Dales ponies across the world.

"By identifying the mutation and developing a DNA test, breeders will be able to make informed decisions about which ponies to breed.

"This should prevent unnecessary suffering and, in time, eradicate this awful condition."

The research has been funded by The Horse Trust and supported by the Fell Pony Society and the Dales Pony Society which have supplied DNA samples.

Brigadier Paul Jepson, chief executive of the Horse Trust, said: "We're thrilled to have been able to support this exciting project.

"It was evident from the start that this project would bring significant benefits for equine health and welfare, ultimately leading to the prevention and elimination of a fatal disease."

Laura Fox-Clipsham, a PhD student whose work has led to the breakthrough and development of the proposed test, said: "We would urge any breeders of Fell or Dales ponies to utilise the test once it is available.

"All they will need to do is send the AHT a sample of hair from the ponies for analysis.

"The information they will gain in return will arm them with the facts to avoid breeding foals with this devastating illness."

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We pride ourselves on producing publications for the community and about the community and aim to provide the very best service for readers and advertisers alike.
At the same time, we are constantly looking to improve our title and are always happy to hear from you with suggestions and comments.
If you have any feedback for us then please contact the relevant person or people listed below.

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WEEKLY NEWS LETTERS

Send your letters to: The Editor, Newmarket Weekly News, 15 High Street, Newmarket, CB8 8XL or by email to editorial@newmarketweeklynews.co.uk

We must learn from history

Sir, I find the comment (*Weekly News* December 3) by an anonymous person regarding the problems of Dubai World and possible effects on racing that "I think it just shows the recession is affecting everybody" somewhat disingenuous.
The problems here are more due to the thinking or, with due respect, lack of thought on this project ; they are not caused by the recession but are part of the recession.
Brian Caplen, editor of Banker magazine is reported on Aljazeerah.net as saying "They say that European banks hold about $40bn worth of exposure to Dubai – about half the total debts of the emirate."
Some might suggest that the current situation smacks of pigs at the trough, waiting to fly but squealing about delayed take-off.
The current recession, I believe, dates back to the Thatcher years, when the Iron Lady promulgated that everyone could own their own house through endowment mortgages which would also provide a pension top up for all. The theory relied, however, on an ever rising stock market, which does not happen.
Instead we had lashings of credit, rising prices, banking bonuses and the inevitable Black Days and Black Holes.
The lessons are there in history. Never mind the 1930s Depression, in 1720 we had the South Sea Bubble.
The success of the East India Trading Company, formed in 1711, led to it issuing public shares. Everyone wanted shares : shares in practically anything. The Bubble inevitably burst.
The underlying problem is human greed. Rather than settle for optimums we strive for maximums. We go 'for broke' and most often go broke.
Dubai's problems are the World's problems. The Dubai World situation is no different to the banking situation here and elsewhere.
I am sure the problem will be resolved and any impact on UK racing, associated employment and economics too.
However, let us hope that in the future we might remember the lessons of history.

Andrew Appleby
Fordham Road
Newmarket

MEMORIES

THIS week's photograph, from our archives, shows children enjoying a party.
But who are they, where was the party and when was it held? What was the event?
We welcome your letters or emails. Send your recollections to: Memories, *Newmarket Weekly News,* 15 High Street, Newmarket, CB8 8XL, or email *editorial@ newmarketweeklynews.co.uk* by Tuesday morning. 595157

Last week's *Memories* photograph, from our archives, showed members of Newmarket Territorial Army on a march. It was taken in 1966.

595168

Origin of the flawed theory

Sir, At the beginning of this year we had the bicentenary celebrations of Charles Darwin's birthday. On November 24 we had the 150-year celebrations for the publication of Darwin's *Origin of Species and the Preservation of Favoured Races*, to give it the correct and full title (note the racist tone of the title).
This book has affected the world view of several generations, encouraging them to think that they are the products of chance random processes. Darwinism has had a largely negative effect on society and even on the Christian Church.
Theistic evolution is a damaging compromise.
Had Darwin the factual information at his disposal which we now possess he would never had arrived at his conclusions and published such a flawed theory.

Ian Smith
Philip Road
Bury St Edmunds

Are your kids worth £20?

Sir, Do you love your kids? If you don't could I suggest the following.
Get them up early, dress them in dark clothing and send them off into the pitch blackness on their bikes having first removed their lights.This will greatly increase their chance of being killed or injured.
Seriously though, if your kids are worth £20 to you, buy them a reflective vest and a set of lights for Christmas.

K Peck
Ashley Road
Newmarket

LETTERS POLICY

Letters should arrive by noon on the Monday before publication. Full name and address must be supplied and details will be withheld only in exceptional circumstances. Letters should be no longer than 250 words and may be edited.

Protest over homes plans

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

TWO racehorse trainers' wives staged a protest at a prestige lunch in London over plans to build 1,200 homes at Newmarket.

Rachel Hood, wife of trainer John Gosden, and Jacko Fanshawe, wife of James Fanshawe, stepped onto the stage at the Royal Lancaster Hotel as landowner Lord Derby was making a speech at the Horserace Writers and Photographers Association's presentations.

The protest was staged as it was revealed that a formal planning application for the development of 160 acres of land at Hatchfield Farm has been submitted to Forest Heath District Council.

The scheme is already being opposed by racing industry leaders who are worried that it will mean the end of the town as the historic home of horseracing.

It is currently included in the council's core strategy for developments in the next 22 years. A planning inspector will begin an "examination in public" of the strategy next week and is expected to make a decision about the proposals in March.

The two women unfurled a banner saying "Save Historic Newmarket – Say No to the Hatchfield Farm Development".

Ms Hood said: "It's appalling. It's not a development. It's a whole other town and we don't want it."

In a statement announcing the submission of the application for outline planning permission, Lord Derby said the land was the only site capable of taking the projected housing needs of the town for the future.

He said: "I am confident that it could do so in a sympathetic, realistic and deliverable way to the benefit, above all, of local people.

"I am, of course, aware and appreciative of the concerns raised by some with regards to a perceived impact on the horse racing industry – indeed, they have helped colour much of this application.

"I can state with absolute certainty that I will do nothing that will threaten the future of the horse racing industry in Newmarket.

"My family has long connections with horse racing and I will continue to run the Stanley House Stud from the land next to the development.

"I therefore have very clear reasons to make sure that the Hatchfield Farm development provides long-term benefits to Newmarket rather than creating problems."

Marking air race: artist Ken Ross, and teacher Victoria Bush with St Mary's pupils from left Luca Chadwick, 8, Charlotte Carter, 9, and Seth St Laurent, 8 Picture: Richard Patterson 615016

Children's collages go on show

COLLAGES depicting an historic air race have gone on show to mark its 75th anniversary.

Planes taking part in the England-Australia air race took off from RAF Mildenhall in November 1934.

Now pupils from primary schools in the Mildenhall area have completed collages which have gone on show at the town's museum where some previously unseen memorabilia is on show.

Youngsters from the town's St Mary's Church of England school showed off some of their work at the museum.

The museum, in King Street, Mildenhall, will display the children's work until it closes for the winter on December 19.

It is run by volunteers and is open on Wednesday and Saturday afternoons as well as Thursdays and Fridays.

Other exhibits in the museum include replicas of the Mildenhall Treasure – a hoard of Roman silver found in nearby West Row more than 60 years ago.

■ New book marks great air race – Page 14.

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Deaths

PARRY. Gordon (Glazztek Windscreens) of Newmarket, passed away peacefully on Tuesday, December 1st, 2009, aged 63 years. Beloved husband to Karen, a much loved dad of Allan. Funeral service to be held at Cambridge City Crematorium, West Chapel, on Wednesday, December 9th, at 11.15am. Family flowers only please but donations if desired may be made payable to St Nicholas Hospice c/o Southgate of Newmarket Funeral Directors, 25 Duchess Drive, Newmarket. CB8 8AG.

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US airman faces court

AN American airman is to appear in court for allegedly driving with four times the drink-drive limit.

Scott Bronnbauer, 26, of RAF Lakenheath, was charged with driving with excess alcohol after police stopped him driving a Chrysler Crossfire sports car in High Street, Newmarket, early on Monday.

He is due to appear before magistrates at Bury St Edmunds on Thursday, December 31. He is alleged to have given a breath-test reading of 141 micrograms of alcohol in 100 millilitres of breath. The legal limit is 35 mcg.

Charity date

ONE of the region's top brass bands will feature in a charity Christmas concert.

The Wicken Coronation Band will be among those taking part in the Fordham Charity Group's 17th Christmas Celebration Concert at The Victoria Hall, Fordham, on Saturday, December 19, at 7.30pm.

Musical theatre singer Lizzie Futter and pianist Bridget Hickish will also perform at the event to raise money for Staploe Medical Centre's patient transport service fund.

Tickets cost £6 each and are available from D N Jenkins TV shop, in Fordham, Soham Books, in Soham, or by calling (01638) 720674.

Homes bid

PLANS for two new bungalows in Soham have been submitted to East Cambs District Council.

Mr A Turner, of Hasse Road, wants to build a bungalow next to Santa Maria.

Mr D Harvey, of Belstead Road, Ipswich, wants to build a three-bedroom detached chalet bungalow at the rear of 52, The Butts.

A decision on both sets of proposals is expected within the next eight weeks.

To have your say, visit *www.eastcambs.gov.uk.*

Festive gifts

FESTIVE spirits will be high at the Soham-based Viva Arts and Community Group's centre on Saturday.

Father Christmas will be visiting the centre, in Churchgate Street, from 10am-4pm.

Attractions will include a Christmas grotto, seasonal refreshments, an exhibition by Soham Art Group and sales of decorations and toys.

There will also be fancy dress outfits for sale, as well as elves providing a gift wrapping service.

Digging in: Cubs, Scouts, Brownies and Guides are joined at Soham recreation ground by, front from left, Cllr John Powley, vice chairman of Cambridgeshire County Council, MP Jim Paice and the Rev Tim Alban Jones. Picture: Keith Heppell 615355

Green-fingers crossed for world planting record

SCOUTS and Guides grabbed their spades in a bid to break a world record – and help the planet.

As part of National Tree Week, which finished on Sunday, youngsters from the Soham Guiding and Scouting group held a bumper tree planting session.

Five trees were planted on the town's recreation ground on Saturday to mark the 'Tree o'clock' project.

The project is a world record attempt by groups around the country to get in the Guinness Book of Records for the most trees planted in one hour.

The current record is 653,143 nationwide.

Around 100 people, including South East Cambridgeshire MP Jim Paice and council representatives, attended the planting ceremony.

Peter Campbell-McBride, treasurer of the Soham Guides and Scouts Fund, said: "It was a brilliant morning with a pleasing amount of community support.

"We recorded what we did and we now need to send them off to help beat the world record."

But Soham Guides and Scouts also planted the trees to thank the local community for the support they have received.

Hundreds of local Guides and Scouts will soon benefit from a new headquarters in the town.

Already, the group and local businesses have raised more than £250,000 to help build the new hut, but around £100,000 is still needed.

After planning permission was secured earlier this year, the building contract has now been awarded to Soham firm CJ Murfitts. It is hoped building work will start next year.

If you can help raise funds, call Peter on 07710 943114.

■ Volunteers planted 71 trees in Newmarket as part of the BBC's "Tree o'clock" world record attempt.

Members of the Go Wild in Newmarket group took part in the effort on Saturday at the community woodland site off Noel Murless Drive.

Cllr Mick Jefferys, the deputy mayor, and Pc Kevin Green, of the Newmarket Safer Neighbourhood Team, were independent witnesses and Jon Wright, of BBC Radio Suffolk reported on the work.

Rachel Wood, of the Go Wild group, said: "We worked really hard, but we wouldn't have been able to do it without the saplings supplied by Forest Heath District Council and the mulch supplied by SP Landscapes."

The result of the national planting effort should be known by tomorrow.

Winter virus hits hospital wards

BY STEPHEN EXLEY

Email: editorial@newmarketweeklynews.co.uk

THREE wards have been closed at Addenbrooke's Hospital by the winter vomiting virus.

The wards are closed to new admissions, said a spokesman.

Hospital bosses have already issued advice calling on people who are displaying symptoms of either flu or the winter vomiting virus to stay away – and children should not attend "unless it is essential".

A hospital spokesman said: "With colder weather setting in, viruses in the community like flu and winter vomiting (norovirus) will become more common. To help protect patients, and limit the spread of viruses, do not come to hospital if you have been sick or had diarrhoea in the last 48 hours or if you have flu-like symptoms, such as coughing and a high temperature.

"Wash your hands regularly and thoroughly with soap and water, particularly before entering and leaving wards and clinics.

"Catch it, bin it, kill it – always cover your mouth and nose when coughing or sneezing, dispose of it in the bin then wash your hands with soap and water. Children should not visit the hospital."

Anyone who suspects they had suffered from the norovirus should not visit the hospital until at least 48 hours after symptoms have disappeared.

Visitors are also advised to call the hospital before they set off on (01223) 245151 in case entry to any wards has been restricted to combat diseases spreading.

Anyone concerned by flu-like symptoms should contact the National Pandemic Flu Service on 0800 1513100 or visit *www.direct.gov.uk/ pandemicflu.*

Alternatively, contact your GP or NHS Direct on 0845 4647.

Last December, Addenbrooke's lost £1.5 million after cancelling more than 200 operations amid a norovirus outbreak.

The Cambridge hospital told the *Weekly News* it lost £1.2 million by cancelling the planned operations and spent another £300,000 on measures to tackle the diarrhoea and vomiting bug, such as hiring extra staff.

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Credit unions help people to save and can give them low-cost loans

HALF the respondents to an online survey on how we spend our cash did not know what a credit union is.

These are volunteer-run organisations that encourage members to make regular savings and give them access to low-cost loans. One example is the Cambridge City Credit Union (CCCU).

David Warren, a member of the organising committee, said: "We started off about 10 years ago and it was a city council-supported venture. It was the North Cambridge Credit Union but we have expanded to take in the whole city. We have 150 members, mostly in Arbury and King's Hedges.

"We try to make it as easy as possible for people to save. You develop the habit of paying in. You have to save for 13 weeks before you can apply for a loan.

"It is much cheaper to borrow from a credit union than other sources. We charge 1 per cent a month interest.

"A big advantage of credit unions is you establish your own credit worthiness."

Thanks to an agreement between CCCU and the city council, members can access its services at the City Homes North and City Homes South offices.

As part of our partnership with Barclays Money Skills we have highlighted three case studies following the reader survey, the results of which were published last week.

CASE 1: **I paid the bill without asking any questions – Marion, right.**

Marion didn't realise her credit card had been compromised until her company got in touch.

"I was a bit slapdash when it came to my cash," she confesses. "I didn't check each item on my bank or credit card statements.

"Providing the amount was roughly where I thought it should be, I'd pay the bill without asking any questions."

It emerged that fraudsters had taken £300 out of Marion's account in small chunks.

"I was horrified – and grateful to the credit card company for their vigilance. Now I check all my statements religiously."

CASE 2: **Shopping for cheaper deals saved me cash – Sonia, right.**

Sonia admits she didn't use to take much care over saving money.

"When my car and home insurance policy renewals rolled around, I simply continued with the same company. I knew there were probably cheaper options available," she says.

"When I lost my job, however, saving money suddenly became a much higher priority. I started to use cost comparison websites and to phone insurance companies direct. My home insurance costs came down 50 per cent and it was a similar story on my car insurance.

"And I didn't even go for the cheapest policy. I researched everything and found policies that met my needs."

CASE 3: **Parents taught me the value of money – Mary-Anne, right.**

Mary-Anne, 18, is a student who knows the value of money.

"My parents knew exactly what money was worth and what they could and couldn't afford. As a result, I've grown up understanding the importance of money, both now and in the future.

"I've just taken out my first ISA and, believe, it or not, have already started a pension fund. Naturally, the amounts aren't enormous but I've always been taught that the earlier you start the better.

"I'm determined to go to university and will use some of my savings to help pay the loans and fees."

And here are 10 ways to get help with your cash:

- **CAMBRIDGE and District CAB: For advice on managing your money, call the CAB helpline on 0844 898 7979 or visit *www.cambridgecab.org.uk***
- Cambridge City Credit Union: For information, visit *www.cambridgecreditunion.org.uk* or call (01223) 314664
- **Consumer Credit Counselling Service: Advice and information for people with financial difficulties is available by calling 0800 138 1111 or visiting *www.cccs.co.uk***
- Consumer Direct: A government-funded advice service on consumer issues. Call 08454 040506 or visit *www.consumerdirect.gov.uk*
- **Energy Saving Trust: For advice on saving money on your bills through energy efficiency, call 0800 512012 or visit *www.energysavingtrust.org.uk***
- HM Revenue and Customs: For guidance on tax issues and tax credits for low income families, visit *www. hmrc.gov.uk/index.htm.*
- **Love Food Hate Waste: The average family spends £600 a year on wasted food. For ideas on reducing this waste, visit *www.lovefoodhatewaste.com***
- Money Made Clear: A website from the Financial Services Authority providing impartial information and tools to help you make financial choices. Visit *www.moneymadeclear.fsa.gov.uk*
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Closed off: Soham High Street, near where an elderly pedestrian was injured after being in collision with a car on Saturday

Man suffers head injuries in crash

AN elderly pedestrian suffered serious injuries in an accident with a car.

The East of England Air Ambulance was launched after the accident involving a Ford Fiesta, driven by a 23-year-old man, in Soham High Street.

The injured man, aged 93 and from Soham, was later said to be in a stable condition in Addenbrooke's Hospital.

The accident happened at 9.45am on Saturday. Police are appealing for witnesses.

Insp Nik Percival said: "An elderly man suffered head injuries after being in collision with a car in High Street on Saturday. Anyone who witnessed the incident is asked to call 0845 546 4564."

Accident: showing the damaged windscreen of the Ford Fiesta

Pictures: Keith Heppell

Silver birches feel the pressure to clean up

THESE magnificent silver birch trees were returned to their full shimmering glory last week – thanks to a pressure washer.

Gardeners at Anglesey Abbey gave 100 Himalayan birches a scrub down to remove a build-up of green algae on the usually pristine white bark.

Head gardener Richard Todd uses an industrial-strength machine to blast away stains from the trunks of the 30ft trees with a high-pressure jet of water.

It takes him two days to complete the task in the winter gardens of the 13th-century Abbey, which was restored in the 17th century and is now owned by the National Trust.

Richard said: "People often comment that the bark of the birches seems to be even whiter at Anglesey than anywhere else. Our secret is that we wash them.

"We use a pressure washer at the beginning of winter and once more during the season. It takes the best part of a day, but the impact on the garden is huge.

"It is quite hard work, and we usually get completely soaked, but when you see the winter garden looking its best and people really enjoying being there, it's worth it.

"You step back and think what a stunning sight."

It is the second year that the jet cleaner has been used to remove algae, dirt and dead bark.

Richard came up with the idea after the birches grew and he could no longer reach the tops of the trunks with a paintbrush tied to a bamboo cane.

The jet cleaner is set to five psi of pressure on a 'fan' style setting so it is not harmful to the trees, similar to exfoliating dead skin in the shower.

Richard added: "Over time the trees get quite grubby with algae, dirty rain water and dead bark, so a thorough wash down brings out their amazing white bark again.

"It's really just like giving yourself a good scrub in the bath to get all the dead skin and dirt off.

"It doesn't hurt or damage the trees at all and when we're finished they just look amazing.

"It just looks incredible when the trees have been cleaned. I always say it's as if the lights have been switched on.

"It makes the winter garden look really special. You can see the trees shining through the whole garden."

The trees are recognisable for their delicate silver bark which was once used as paper by ancient cultures.

Anglesey Abbey was an Augustan priory, built in 1236 by monks and dissolved in 1536 by Henry VIII.

It became a National Trust property in 1966 after the death of former owner Lord Fairhaven, who had converted the house for entertaining guests.

The winter garden at Anglesey Abbey was created nearly 12 years ago.

At the moment it is open 10.30am-4.30pm, Wednesday to Sunday. The abbey reopens in April. Call (01223) 810080 for details.

Gleaming: Richard gets to work with the pressure spray.

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Nursery wins gold award

A VILLAGE nursery has won a top award in the Investors in People programme.

The Old School House Day Nursery, in Stetchworth, is the first nursery in the country to be awarded gold status in the IIP scheme.

The nursery, which employs 30 staff, has been established for 15 years in a Victorian school building which underwent a major refurbishment and extension earlier this year.

It was named an Investors in People champion in 2004.

Linda Baston-Pitt, director and a founder of the nursery, said: "It was a surprise to hear that we had been awarded gold. We were going for the bronze award which is higher than the basic Investors in People. But it was a pleasant surprise to hear we had got the gold award because less than one in a thousand organisations get it and we are the first nursery to receive it."

Top award: Linda Baston-Pitt.

She said a gold celebration party with staff and parents was planned in the New Year with a nursery open day on Saturday, February 6.

Police plea over pub jackpot trio

POLICE want to trace "suspicious" men who have won the jackpot on a pub's fruit machine three times in the past two weeks.

Three different men went into the Newmarket pub, which is not being identified by police, on different occasions and each time won the jackpot .

Each time a man arrived at the pub in a car and bought a small drink to get change for the machine. It is suspected some sort of device might have been used to "cheat" the machine.

The first man was white, 5ft 6in tall with dark hair and was wearing jeans and a blue jacket. He drove a yellow Renault Clio.

The second man was slightly taller with blond hair. He was wearing jeans and a green jacket. There is no description of the third male.

Police want anyone who can help to call police on (01284) 774100 or Crimestoppers on 0800 555111.

Generous act: Monica Nelson with members of Kidzone and the replacement banner. CP

Pensioner pays for stolen banner to be replaced

A BENEFACTOR paid to replace a banner stolen from a group which works with children with disabilities.

Monica Nelson, who is over 90, offered to pay to replace Kidzone's banner after reading in the *Weekly News* that it had been stolen earlier this year.

She presented the new banner to the group, which meets on alternate Wednesdays at the town's Houldsworth Valley Primary School.

Jan Stiff, the co-ordinator, said: "We were thrilled that she wanted to come down and present the new banner to us.

"We were just so delighted that someone who didn't even know us wanted to pay to replace the banner. The children were thrilled to meet her."

The banner cost £100 to replace after the old one was stolen from a driveway where the group was holding a barbecue.

Mrs Nelson also gave some money to the group to buy sweets for youngsters when they go to a performance of *Joseph and the Amazing Technicolour Dreamcoat* at Cambridge Corn Exchange.

More than 20 youngsters from the Newmarket and Mildenhall areas attend Kidzone sessions.

For more details email *kidzone2001@live.co.uk*

Police get two stars on value for money

BY JACK GROVE

Email: editorial@newmarketweeklynews.co.uk

CAMBRIDGESHIRE police are hitting only the "minimum requirements" when it comes to providing value for money to the public, a report has said.

An independent audit by PricewaterhouseCoopers says the force needs to improve its use of resources, overall governance and financial accountability.

The force scored only two out of a possible four stars in the "value for money" survey – meaning it hit only the "minimum requirements" for managing its resources and finances.

The report has suggested 11 areas of improvement, including keeping a closer track on performance and showing the force is getting "value for money" when buying services.

It also calls on the force to provide better financial training to its senior staff, as well as demonstrate more clearly its management of high cost areas.

However, a spokeswoman for Cambridgeshire Police Authority, which monitors the force's spending, said improving its value-for-money rating was not a major priority.

She said: "There is a cost associated with trying to improve use-of-resources scores which the authority needs to take into account when trying to manage various other pressures on resources.

"We are not in the business of spending money to get better scores unless there are significant demonstrable benefits in doing so.

"There is, however, more we can do to improve in areas such as contracts and procurement and ensuring the constabulary's workforce better reflects the communities it serves.

"The inspection identified steady and continuous improvement in all areas examined, which the authority welcomes.

"The result also puts us in line with 17 other police authorities. No police authorities scored a four."

The report, which was to be discussed at a police authority meeting this week, follows the publication of a Government White Paper, which says police forces in England and Wales must save £500 million by 2014.

The document says forces should pool resources in forensic work and procurement to save cash.

It also recommends cutting police overtime, which would save £70 million, and reducing expenditure on administration by £75 million.

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Script writer to pass on tips

TELEVISION script writer Laura Cox-Watson will be passing on some of her tips in a 10-week course in the new year.

Laura Cox-Watson, who has written for *EastEnders*, *Casualty* and BBC Radio 4, will be teaching storytelling, character and dialogue in the court at Newmarket College which starts on Monday, January 11.

The course fee is £10 a week and more details are available by contacting her by email at *laura1978watson@mac.com* or on 07974 409228.

Break-in bid at shop

DAMAGE costing around £1,000 to repair was caused during an unsuccessful attempt to break into a mobile phone shop.

An alarm was triggered as an attempt was made to break in to the Phones4U shop in High Street, Newmarket, through the roof.

Nothing was stolen, but the shop was left with a bill for the repairs.

Anyone with information about the incident, which happened at around 1.35am last Thursday should call Pc Paul Osmond at Newmarket police on (01284) 774100 or Crimestoppers on 0800 555111.

Scales stolen

A SET of chemical scales worth £200 have been stolen from a school laboratory.

The Denver XP300 scales were stolen from Newmarket College on Wednesday, November 25, at around 1.30pm.

Anyone with information should call Sgt Mark Shipton at the Newmarket Safer Neighbourhood Team on (01284) 774100 or Crimestoppers on 0800 555111.

Special signing: Stuart McKay with his book *Mildenhall to Melbourne.* CP

New book marks greatest air race

AN author will be signing copies of his new book on 'The World's Greatest Air Race' at the museum in the town where the race started.

Stuart McKay's book, *Mildenhall to Melbourne* has been published to coincide with the 75th anniversary of the race.

The race started from what was then the newly-opened RAF Mildenhall airfield with 21 aircraft ranging from single-engine biplanes to the first of the new generation of airliners – the Douglas DC-2 which finished second.

The race was won, in just under three days, by Charles Scott and Tom Campbell Black in a de Havilland DH-88 Comet.

An exhibition at Mildenhall Museum includes some previously unseen memorabilia as well as collage displays made by local schools.

The book will be launched at the museum tomorrow with a reception for invited guests. Mr McKay will be signing copies at the museum on Saturday between 2pm and 4pm.

The book costs £29.95 and is available from Tiger House Press, Berkhamsted, Hertfordshire, plus £7 for postage in Britain.

Confidence returns with sales of £177m

In our weekly column, reporter JOHN GOODE takes a look behind the racing scene to bring you news from in and around the stables.

RACEHORSE sales chief Edmond Mahony has spoken of his optimism for the economic health of the racing industry after seeing a massive £177.8 million spent on horses this year.

The total was paid for 4,432 horses sold at the town Tattersalls sales and shows an increase over the previous year when £175.9 million was spent on 4.304 horses.

Average prices were slightly down at £40,135 compared to £40,881.

But the final week of the sales, the December Mare Sale, saw a top bid of 1.7 million guineas (£1,785,000) for a horse called Song.

Nearly £60 million was spent at the nine-day December sale compared to more than £52 million the previous year.

Mr Mahony, chairman of Tattersalls, said: "The economic upheavals of 2008 had a dramatic effect on the bloodstock industry throughout the world and we approached the 2009 sales season with an air of trepidation, but the resilience of the market has been extraordinary.

"From the beginning of Book 1 of the October Yearling Sale to the conclusion of the December Sale, all of the sales at Tattersalls have outperformed expectation and, while we are a fair way off the dizzy heights of 2006 and 2007, it has been particularly gratifying to see a real sense of confidence return to the industry.

"The Tattersalls December Sale is a key indicator of the health of the bloodstock industry and we can all derive a measure of optimism from the 2009 renewal.

"Not only have the figures provided encouragement for the industry going forward, but equally importantly there has been a genuinely vibrant feel to the proceedings of the last two weeks at Park Paddocks.

"Our 2009 sales have demonstrated that we have a product which continues to be coveted by buyers from all corners of the world with our annual turnover bouncing back from the substantial declines of last year.

"There is little doubt that there remain many challenges ahead, but it is also clear that throughout the year vendors have reacted quickly and positively to the new economic realities and they have been rewarded for such pragmatism."

Go-ahead for racehorse trainer

FORMER staff quarters will be converted to create a retirement home for racehorse trainer Geoff Wragg.

Mr Wragg and his wife have been granted planning permission for the conversion of The Lodge, in Bury Road, Newmarket, which was once an entrance gatehouse to their Abington Place Stables.

The main stables have now been sold and the couple want to convert The Lodge to live in while keeping a limited number of horses in adjoining stables.

Forest Heath District Council has approved amended plans.

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Festive spirit at The Reindeer

The place to go for some festive cheer: The Reindeer on Saxon Street is an essential port of call.

THE Reindeer at Saxon Street is the place to go to get into the Christmas spirit.

With its festive name and traditional menu the popular pub is a good choice for your Christmas celebrations and in the new year, will be offering a 'buy one get second half price' offer to beat the January blues.

The friendly pub is located close to Newmarket and is surrounded by beautiful Suffolk countryside. Managed and run by father and daughter team Nigel and Georgina Sampson, The Reindeer still has some availability for its Christmas party menu (£20 per person), which is available through out December as well as the Christmas Day menu (£60 per person).

Get stuck in: Friendly family pub.

ADVERTISING FEATURE

The Reindeer is well known for its high quality food and serves a menu of traditional pub favourites including Newmarket sausages and mashed potato, whole-tail scampi and chips and smothered chicken. An OAP menu is available Monday-Friday and offers a range of tasty dishes for just £6.95 each. On Tuesday-Thursday nights the pub serves fish and chips and a drink for £10, alongside the main menu.

Saturday night is steak night and customers can tuck into a choice of five steaks followed by a delicious dessert for just £15.

A traditional roast lunch is served every Sunday where you can choose from four succulent meats served with fresh vegetables, potatoes, Yorkshire pudding and lashings of gravy.

The friendly family pub has a large play area next to the inviting beer garden and a children's menu. As well as its fantastic menu's and welcoming atmosphere the pub also has four luxury guest rooms with free WiFi availability.

The offer will be available throughout January on the main menu from Tuesday to Friday. Diners must bring in the advert on this page to claim their half price meal.

Nigel, Georgina and the team at The Reindeer would like to wish their customers a merry Christmas and a happy new year and look forward to welcoming old and new customers to the pub in 2010.

The Reindeer is at 62 The Street, Saxon Street, Newmarket. For more information or make a booking please call (01638) 730989 or visit *www.thereindeer.net* to see the full list of menus.

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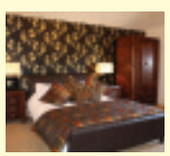
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Closing date: Friday 18th December.
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The Judges decision is final. Usual 'News' rules apply.

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ADVERTISING FEATURE

Jove! Tearooms perfectly emulate the special Christmas of a yester-year.

Owned and run by husband and wife team Paul and Tania Baker, the couple have spent the past decade scouring the country for their perfect tearoom location, until they settled upon the unique character of The Old School in Burwell. With bundles of character, and a view of St Mary's church to match.

"By Jove! is a showcase of the best of the UK, special focus being made on England, Northern Ireland, Scotland and Wales," Tania says. "We have been determined to source British, even down to our Union Flag tea cosies!"

By Jove! opened in May this year and celebrated its admittance to the National Tea Guild within just five weeks. Fellow members include Fortnum and Mason and the Ritz of London. Open from Thursday to Monday (including weekends) these elegant tearooms aim to prove no detail is too small, including the unique 1930's black and white uniformed waitresses.

By Jove! appears to be holding back no Christmas spirit either. With live carol singing, instrument recitals and monologues to raise everyone's festive spirit. The tearooms, in their usual manner, are offering delicious Three Tier Christmas Teas and warming homemade favourites such as Norfolk turkey and British stilton soup, Guinness and beef broth and brie and cranberry quiche to name but a few.

In the week before Christmas the mulled wine will be flowing and nobody will want for mince pies or figgy pudding!

By Jove! will be open every week day until 4pm on Christmas Eve for all those last minute Christmas shoppers to soak up the atmosphere, and no doubt buy those last few presents or food hamper from the gift shop.

Quirky gift ideas include an abundance of craft goods, home wares and special Christmas gifts. By Jove! also has an extensive range of chutneys, jams and preserves which are used in the tearooms.

With a large dose of friendly service, a recipe of first class ingredients and lashings of character and charm the only question is, will you support British this Christmas?

By Jove! is open Monday, Thursday and Friday from 10am-5pm and Saturday and Sunday 10am-5.30pm.

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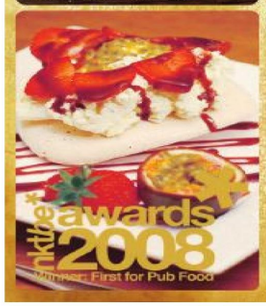

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The pain that ended Lorraine's dream of a sports-filled future

Agony: Lorraine wants to raise awareness of Hypermobility Syndrome.

Picture: Duncan Lamont 613145.

PLAGUED by constant pain, both day and night, Lorraine MacLeod felt totally exhausted.

The relentless aching in her joints was crippling; her right arm had grown so weak she could barely pick up a glass. And – for a woman whose entire life once revolved around sport – the situation was fast becoming unbearable.

"I used to play every sport going," says Lorraine, with a sigh. "It was my life, really. But that was a long time ago . . . The pain got so bad I could hardly cut up my own food; I was so weak I couldn't hold a glass. That was hard. Very hard, to be honest."

Lorraine, 33, has Hypermobility Syndrome (HMS). An inherited disorder, which affects the body's connective tissue, the main symptom is being double-jointed. But, also prone to joint injury, sufferers can endure pain, fatigue and even heart problems.

"It isn't a very well-known condition," continues Lorraine, who lives in Cambourne. "And that's one of the reasons I wanted to share my story. If I'd known when I was younger what I know now, I would have taken better

BY ALICE RYAN

Email: editorial@newmarketweeklynews.co.uk

care of myself."

Lorraine was only diagnosed with HMS six months ago – though she's been suffering the symptoms all her life. She's injured numerous joints, including her elbow, shoulder and knee, and has been through a whole series of complicated operations. She's spent entire weekends in bed, too tired to move, battled several bouts of depression and tried all kinds of medication – with some horrible side-effects.

Yet, despite her troubles, Lorraine says she is determined to lead as happy and active a life as possible. "I've suffered from depression several times over the years," she admits. "I know how c**p it is and I don't want to go back to that. You just have to take each day as it comes, each hour as it comes; you just have to get on with life."

Although Lorraine was, she says, "quite floppy" as a baby, her double-joints didn't become obvious until she was older. "My hips kept clicking when I was very small," she says. "I was referred to the hospital but they said it was normal, nothing wrong. And then, as I grew up a bit, it became clear that I was very bendy: I could put myself into all kinds of funny positions!"

Sport mad, Lorraine played every team game she could. And, at 13, she took up hockey. "That was really my sport," she recounts. "I absolutely loved it: I played all the time, several times a week. I grew up in Royston and played for Royston Town; as I got older I started to coach and umpire."

At 14, Lorraine picked up an elbow injury. And, treated with painkillers, physio and even steroid injections, it just wouldn't heal. "When you play contact sports you're bound to pick up an injury sometime," says Lorraine. "So I didn't really think anything of it."

Then, aged 16, Lorraine's knee went – and again, the injury refused to heal. At the time, her dream was to become a PE teacher. But, after completing a GCSE in physical education, she was refused a place on the A-level course: because of her ongoing battle with injuries, Lorraine was deemed unfit to play all the sports on the curriculum.

Shortly afterwards, the GP banned her from hockey. It was, remembers Lorraine, a devastating time. "I was gutted, completely gutted," she says. "I thought about going back to the club just to umpire, but I couldn't face it – I knew all I'd want to do was pick up a hockey stick . . .

"And becoming a PE teacher was all I'd been aiming towards so, when that idea went out the window, I was gutted too.

"Nothing can replace sport for me. I had to give it up 14 years ago, and I still haven't found anything to come close."

At a loss what to do with her life, Lorraine took a job as a care worker in a psychiatric unit. The hours were long, the work was stressful and, missing both her sport and the social life that came with it, she found herself spiralling into depression.

"I wasn't a happy bunny really," admits Lorraine. "Among other things, while I was there I had the second of four operations on my elbow and it was a really painful one. The silver lining was that I met Gavin, my husband, while I worked there: he's a great support, really understanding."

In the end Lorraine felt compelled to leave the unit and, during her recovery from depression, she took a string of temporary jobs; when she felt well enough, she returned to care, this time working with the elderly.

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Our revamped Business section has got everyone talking. Read our Working Day feature, find out who we put 'In the Chair' and check out our events diary

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THURSDAY

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PLUS OUR PULL-OUT PROPERTY GUIDE

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Our souvenir picture supplement featuring photographs from school nativities and other festive plays will be published on Friday December 18

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Field of dreams: Lorraine, left, in her hockey-playing days. Below, one of the tests that help doctors diagnose her condition. CP/613152.

But then, in the year 2000, her health took another nose-dive. "It started with my elbow and then spread into my hand," says Lorraine. "It was like a burning pain, and it was a pain that wouldn't go away."

Eventually Lorraine had to have a major operation on her arm: a piece of tendon was removed from her forearm and inserted into her elbow, reconstructing a section of ligament that had been stretched beyond repair. Lorraine had to have three months off work; the total recovery period is said to be around a year to a year and a half.

Because her right arm was out of action for so long, Lorraine had come to rely on her left – as a result, she developed pain in her left shoulder.

"I've gone through lots of different painkillers over the last 15 years," adds Lorraine. "The problem with a lot of them is that tiredness is a side-effect and I already suffer from fatigue: I was on one tablet for a week and I was falling asleep while I was trying to get dressed in the morning.

"I'm a bit kind of hooked on one of the other tablets, which is opiate based. I have to take them or I get withdrawal symptoms: I have nightmares, get confused, get restless legs . . . That's a horrible situation to be in. I'm weaning myself off them; I'm on six a day."

Six months ago, Lorraine attended a pain clinic at Addenbrooke's and was referred to a consultant rheumatologist. Within a matter of minutes, he diagnosed HMS by performing a series of tests known as the Beighton Score – including bending your little finger back to 90 degrees, bending your thumb back to touch your forearm and bending over and touching your palms flat to the floor.

It was, says Lorraine, a relief to finally have a diagnosis. But she admits also feeling a bit daunted – because there is no cure for the problems she suffers as a result of HMS.

"Even stupid things like doing the washing up can be really painful; I have to do the washing up a bit at a time," continues Lorraine. "And, working full-time, I do get very tired. For the first quarter of this year, I don't think I went out at the weekends at all – I was at home, in bed, trying to catch up on my sleep. And we haven't had a holiday at all, because my joints – my shoulder, mainly – have been too painful to travel."

> "Nothing can replace sport for me. 14 years on, I haven't found anything that comes close."

Along with Gavin's support, she says the national Hypermobility Association, HMAS, has been a huge help. Through the organisation's website, she has been able to both gather information and contact other HMS sufferers; it is, she adds, nice to know she's not alone.

Since getting her diagnosis, Lorraine, a tutor in health and social care at Stevenage College, has been keen to spread the word about HMS. Around 10 per cent of the population are believed to have the disorder, but not all suffer from the complications she is facing: if children are diagnosed young, Lorraine says many measures can be taken to protect their joints from both damage and future agony – they can take up gymnastics, for example, rather than contact sports.

"Life isn't always easy, but you can't give up," adds Lorraine. "I am always aware that there are a lot of people out there worse off than me; in lots of ways, I'm lucky. And, like I said, all you can do is keep looking forward, taking a day at a time."

For more information about Hypermobility Syndrome and the national HMS Association, visit *www.hypermobility.org*

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Teen and man to face courts

A 16-YEAR-OLD youth and a man of 30 have been charged following a disturbance in the Sun Lane area of Newmarket.

They were charged when answering bail last week following the incident on Saturday, September 26.

The 16-year-old is charged with a public order offence and was due to appear before a youth court in Bury St Edmunds this week.

Adam Shaikh, of Old Station Road, Newmarket, has been charged with a public order offence and having an offensive weapon. He was due to appear before magistrates in Bury St Edmunds today.

Purse stolen

A WOMAN in her 80s is the latest victim of purse thieves.

The woman's purse, believed to have only contained bank cards, was reported to have been stolen while she was in the Edinburgh Woollen Mill shop in High Street, Newmarket.

The theft happened between 10.15am and 10.45am last Wednesday. There was a spate of purse thefts on the same day in nearby Bury St Edmunds, but police are not connecting the incidents at this stage.

Anyone with information should call Sgt Mark Shipton at the Newmarket Safer Neighbourhood Team on (01284) 774100 or Crimestoppers on 0800 555111.

Charges dropped

A MAN accused of sexually assaulting a 12-year-old girl has had charges against him dropped.

James Cockram, 63, of Kings Court, Oxford Street, Exning, was also accused of inciting a girl under 13 to engage in sexual activity.

But the Crown Prosecution Service offered no evidence and the charges were dismissed by a judge at Ipswich Crown Court last Thursday.

Councils' fight may go to the Supreme Court

BY JOHN GOODE

Email: editorial@newmarketweeklynews.co.uk

COUNCIL leaders have vowed to continue fighting plans to reorganise local government in Suffolk – despite losing the latest legal battle.

Appeal court judges set aside an earlier High Court ruling last week which backed the views of councils fighting proposals for a single council covering most of the county.

Forest Heath District Council, which includes the Newmarket and Mildenhall areas, together with St Edmundsbury Borough Council, which covers Haverhill and Bury St Edmunds, are among councils who have challenged the way that the Boundary Committee for England has carried out consultation about the shake-up.

The councils have argued that residents should have the chance to comment on their ideas for three separate unitary councils – one each for the west and east of the county and one for the Ipswich area.

A High Court judge supported their views with a ruling given in July. Now that has been overturned by the Appeal Court.

The legal battle is believed to have cost thousands of pounds of public money.

A joint statement has been issued by the leaders of the councils involved in the court hearing – Cllr Geoffrey Jaggard, of Forest Heath, Cllr John Griffiths, of St Edmundsbury, and Cllr Ray Herring, of Suffolk Coastal.

They said: "We find it deeply frustrating, and extremely disappointing, that there will now be no opportunity to make the Boundary Committee take the views of local people into account.

"The Boundary Committee is accountable to no-one.

"We, however, are accountable to our residents, and will continue working to ensure their voices are heard.

"We will now take some time to look at our next steps, whether that's appealing to the Supreme Court or taking our case directly to officials and ministers in Whitehall."

A Boundary Committee spokesman said: "We regret the delays and increased costs to the public purse that legal challenges have brought to the process, and welcome this week's unequivocal judgment.

"Our role in this process remains as it has always been: not to decide what will happen but to give the Government our independent advice.

"This latest judgment allows us to proceed with giving advice to the Secretary of State on Suffolk, Norfolk and Devon should he provide us with a new deadline."

Model showcase: above, Julie-Anne Webb and daughter Jessica, 2, check out the layouts. Below left, Malcolm Hine, from Ely and District Railway Club, makes a few alterations while 8-year-old Natasha Brockman, below right, takes a closer look.

Pictures: Richard Patterson 613956/62/57.

All aboard for track-side action

SOHAM was the place to be for the region's model railway fanatics.

Almost 100 people went along to the Ely and District Model Railway Club's open day.

The town's Comrades Club hosted the event, which saw it packed out with various railway layouts.

Children were also able to play with a miniature layout, which was hugely successful.

Derek Buck, the club's secretary, said: "The open day was a great success.

"Bearing in mind it was just an open day and not an exhibition, we were really pleased with the turnout.

"There were some really nice layouts on show, both from the club and members, as well as one for the children which was fun."

For more information about the club, call (01480) 454857.

Mugger punches OAP in face

POLICE are hunting violent thugs after an attack on a vulnerable pensioner.

Cruel muggers launched a vicious assault on an 85-year-old woman, rifling through her pockets before punching her in the face.

The incident took place in Soham when two men ambushed the pensioner on a footpath in Paddock Street on Thursday, November 26.

The incident was reported to police on Monday, November 30.

The men jumped out in front of the victim on the path near to the duck pond at 5.30pm.

One of the thugs searched her coat pockets and the other kept watch along the path.

After finding nothing in her coat pockets the man punched her and they both ran away.

The first man is described as aged about 20, 6ft and stocky. He was wearing a dark long-sleeved hooded top, dark trousers and a dark scarf covering his face.

The second man is described as aged about 16, 5ft 2in and slim. He was wearing a dark hooded top and jeans.

Det Con Gary Loth, investigating, said: "We would like to hear from anyone who may have seen this attack."

Anyone with information should contact Det Con Loth at Parkside police station on 0345 456 4564 or Crimestoppers, anonymously, on 0800 555 111.

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WEEKLY NEWS THE GUIDE

- Terrifying tales keep up festive tradition – Page 23
- Puzzles and gardening – Page 24
- All the weekend's TV viewing at a glance – Page 25

'Tis the season for pantomime!

It just wouldn't be Christmas with a panto or feel-good musical. And here's just a few of the best that will be hitting the stage this festive season:

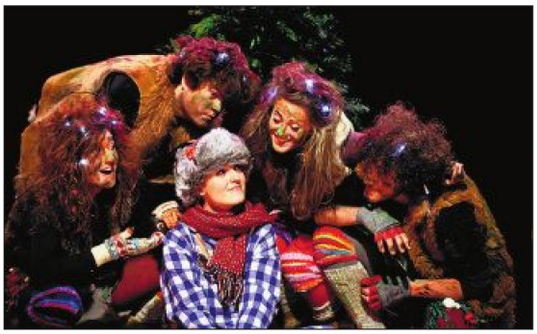
■ Joseph and the Amazing Technicolour Dreamcoat, Cambridge Corn Exchange
What?: A dazzling production of Tim Rice and Andrew Lloyd Webber's much-loved musical, full of colour, music and "Chalm".
When?: December 15 – January 3.
Who?: Craig Chalmers of BBC's *Any Dream Will Do*.
Why?: For a good sing-along to all your favourite tunes!
Contact: (01223) 357851 or *www.cornex.co.uk*

■ A Merry Little Christmas. The Junction, Cambridge
What?: A classic Christmas story which captures the true spirit of the season.
When?: Now – January 3.
Who?: The fabulous team at Gromito Productions.
Why?: Created especially for The Junction, it features puppets, live music and snowflakes galore.
Contact: (01223) 511511 or *www.junction.co.uk*

■ Dick Whittington and his Cat, Cambridge Arts Theatre
What?: A traditional British panto experience featuring the adventures of Dick and his loyal cat.
When?: Today – January 17.
Who?: Regulars Matt Crosby, Julie Buckfield and Brad Fitt.
Why?: Because the Arts' regular panto team never, ever lets us down.
Contact: (01223) 503333 or *www.cambridgeartstheatre.com*

■ The Princess and the Pea, Mumford Theatre, Cambridge
What?: A fairytale with a difference starring a rebellious Princess who would much rather spend her time climbing trees and fighting dragons than wearing big dresses and looking pretty.
When?: December 20.
Who?: The able team from the Proteus Theatre Company.
Why?: It's here for one night only! (but if you miss this, on December 22-23 you can catch Aladdin at the same venue.)
Contact: (01223) 352932 or *www.web.anglia.ac.uk*

■ Beauty and the Beast, The Cresset, Peterborough
What?: A traditional family panto telling the much-loved tale of beautiful Belle and that fearsome Beast.
When?: December 14 – January 3.
Who?: Kim Taylforth of ITV's *Bad Girls* and premier panto dame James Horne.
Why?: Because Taylforth was a huge hit as last year's Wicked Queen and looks set to be even nastier this year!
Contact: (01733) 265705 or *www.cresset.ticketsolve.com*



Kaleidoscope of colour: *Joseph and the Amazing Technicolour Dreamcoat*, above, comes to the Cambridge Corn Exchange this festive season, while *A Merry Little Christmas*, left, plays at The Junction. CP.

Leisure or events news? **email paul.kirkley@cambridge-news.co.uk call (01223) 434448**

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Newmarket WEEKLY NEWS

Oh come all . . .

SINGERS of all ages and abilities are invited to get into the Christmas spirit with a 'come and sing carols' event on Saturday afternoon in St Columba's Church, Cambridge.

Led by the choral director of Clare College, Timothy Brown, it will be a chance for both adults and children to try some more unusual carols. as well as traditional favourites.

The impromptu choir will practice between 3pm and 4pm. Then, after a short break for some mulled wine and mince pies, they will go on to give an informal concert at 4.30pm – with plenty of audience participation.

The event is being held to raise funds for next year's Cambridge Summer Music Festival. Further information can be found on the festival's website, *www.cambridgesummermusic.com,* or by phoning (01223) 893582.

Handel's finest

THE City of Cambridge Symphony Orchestra presents Handel's *Messiah* this Sunday.

Soloists Helen-Jane Howells, Rosie Aldridge, Thomas Hobbs and Frederick Long join the Cambridge Orpheus Singers for this beautiful and uplifting night of musical entertainment.

The concert takes place at the West Road Concert Hall, Cambridge. Tickets cost £16 (£14 for concessions, £8 for students and £5 for children). For details, contact The Corn Exchange box office on (01223) 357851.

Rockin' double

TWO bands will take to the stage at The Portland Arms in Cambridge this weekend.

Nick Cave-inspired nine-piece The Bookhouse Boys are currently on tour and will be stopping by on Saturday, followed by Black & Gold, who return fresh from a successful jaunt in the US with the Pixies.

Both bands perform on Saturday night. Visit *www.myspace.com/thebook houseboys* and *www.chuffmedia. com/blackgold*

Terrifying tales keep up a shocking festive tradition

BY JENNIFER SHELTON

TWO ghost stories by M R James will be performed in The Corpus Playroom, Cambridge, next week.

In *The Stalls of Barchester Cathedral*, a murderous cleric falls prey to an ancient curse, built into the very fabric of his church.

This is paired with one of James' most poignant and personal works, *A Warning to the Curious*. Inspired by the author's holidays in Aldeburgh, a young archaeologist is haunted and hunted by the guardian of an ancient treasure.

Every Christmas, M R James (1862 -1936) would write and perform ghost stories to entertain friends in his rooms in King's College. A century later, these tales still have the power to terrify and amuse.

The performances starts at 8pm and run from Monday to Saturday. Tickets cost £9 (£8 for concessions).

Contact (01223) 359750 or go to *www.scudamores.com/punting/ events/terror.php*

Haunting: two popular M R James ghost stories will be told next week, CP.

Meet the real Charles Darwin

A NEW play focusing on the human side of Charles Darwin is being performed in Cambridge this week.

***The Man Behind Evolution* centres on the crisis that confronts Darwin after the death of his favourite daughter, Annie. As his wife and friends rally round to comfort him, the devastation he feels causes him to ask many questions about science and religion.**

The play reveals something of the man behind the great scientist whose insights into life on earth have been celebrated in this anniversary year of the publication of *On the Origin of Species*.

***The Man Behind Evolution* is on at the Judith E. Wilson Drama Studio, the English Faculty, in West Road, Cambridge, from today until Saturday at 7.30 pm. Admission is free but donations are welcome.**

Contact (01223) 368231.

Popular Baebes back to sing with young choir

FOLLOWING their successful concert last year, the Mediaeval Baebes will return to Ely Cathedral tomorrow to perform a concert as part of a nine-date nationwide tour.

Formed in 1996, Mediaeval Baebes are an all female group who create a unique classical sound by drawing inspiration from medieval texts and setting them to original scores. They have performed all over the world and sold more than 450,000 records. The Baebes will be joined on stage by the cathedral's 100 strong children's choir, The Ely Imps.

Doors are at 7pm for a 7.30pm start. Tickets cost from £10 and can be bought from *www. mediaevalbaebes.com*

Cinema Listings

NEWMARKET STABLE
(01638) 667200
Times from Friday, December 11, until Thursday, December 17.
Last Chance Harvey (12A): Sun & Mon 7.30pm.

BURY ST EDMUNDS CINEWORLD
0871 200 2000
Times from Friday, December 11, until Thursday, December 17.
Avatar 3D (12A TBC): Wed 9pm; Thu 10.05am, 1.10pm, 4.50pm, 8.30pm.
Avatar (12A TBC): Wed & Thu 9pm; Thu 10.30am, 12.10pm, 1.50pm, 3.50pm, 5.30pm, 7.30pm.
Where The Wild Things Are (PG): Daily 4pm, 6.30pm, 8.50pm; Sat, Sun & Thu 11am, 1.30pm.
The Box (12A): Daily except Wed & Thu 9.10pm.
Planet 51 (U): Daily 3pm, 5.10pm; Daily except Wed 7.20pm; Sat, Sun & Thu 12.50pm; Sat & Sun 10.45am.
The Descent - Part 2 (18): Daily except Wed & Thu 9.40pm.
Paranormal Activity (15): Daily 7.10pm, 9.30pm; Daily except Thu 2.40pm, 5pm; Sat & Sun 12.30pm.
Law Abiding Citizen (18): Daily 9.20pm; Daily except Thu 6.50pm; Sat, Sun & Thu 4.20pm.
Nativity! (U): Daily 4.15pm, 6.35pm; Daily except Thu 9pm; Sat, Sun & Thu 1.40pm; Sat & Sun 11.10am.
The Twilight Saga - New Moon (12A): Daily 2.50pm, 5.45pm, 8.40pm; Sat, Sun & Thu noon.
2012 (12A): Daily 4.45pm; Daily except Thu 8.10pm; Sat, Sun & Thu 1.15pm; Thu 8.50pm.
A Christmas Carol 3D (PG): Daily except Thu 2.15pm (subtitled Sun), 4.30pm (subtitled Mon), 6.40pm; Sat & Sun 11.40am.
A Christmas Carol (PG): Sat & Sun 10.45am, 1pm, 3.40pm.
Last Chance Harvey (12A): Mon 1.45pm.
The Santa Clause 3 - The Escape Clause (U): Sat 10am.
Aliens In The Attic (PG): Sat 10am.
Ice Age 3 - Dawn Of The Dinosaurs (U): Sat 10am.

BURY ST EDMUNDS HOLLYWOOD FILM THEATRE
(01284) 754477
Times from Friday, December 11, until Thursday, December 17.
Amelia (PG): Daily except Sun 7.30pm; Sat, Sun & Thu 2pm.
Avatar (12A): Thu 2pm, 7.30pm.
Planet 51 (U): Daily except Sat & Sun 7pm; Sat & Sun 2pm.
An Education (12A): Sat 7pm.

CAMBRIDGE CINEWORLD
0871 200 2000
Times from Friday, December 11, until Thursday, December 17.
Avatar 3D (12A TBC): Wed 8.45pm; Thu 10am, 12.45pm, 1.30pm, 4.15pm, 5pm, 7.45pm, 8.30pm, 9pm.
Avatar (12A TBC): Thu noon, 3.30pm, 7pm.
Where The Wild Things Are (PG): Daily 1.20pm, 3.40pm, 6pm, 8.20pm; Sat & Sun 11am.
The Box (12A): Daily except Thu 1.15pm, 3.50pm, 6.30pm, 9.10pm; Sun 10.40am; Thu 12.10pm, 2.40pm.
Planet 51 (U): Daily 1.25pm, 3.50pm, 6.10pm; Daily except Wed & Thu 8.25pm; Sat & Sun 11.10am.
The Descent - Part 2 (18): Daily except Thu 9.20pm.
Paranormal Activity (15): Daily 5.10pm, 7.20pm, 9.40pm; Daily except Thu 12.20pm, 2.40pm.
Law Abiding Citizen (18): Daily 6.40pm, 9.15pm; Daily except Thu 4.10pm; Daily except Thu & Fri 1.40pm; Sun 11.05am.
Nativity! (U): Daily 1.45pm, 4.20pm; Daily except Thu 6.45pm; Sat & Sun 11.15am.
The Twilight Saga - New Moon (12A): Daily 2pm, 5pm, 8pm; Sat & Sun 11am.
2012 (12A): Daily except Wed 8.15pm; Daily except Thu 5.05pm; Fri 1pm.
A Christmas Carol 3D (PG): Daily 1.40pm (subtitled Sun), 4pm (subtitled Thu), 6.20pm, Daily except Thu 12.30pm, 2.45pm; Daily except Wed & Thu 8.40pm; Sat & Sun 10.30am, 11.20am.
The Santa Clause 3 - The Escape Clause (U): Sat 10am.
Aliens In The Attic (PG): Sat 10am.
Ice Age 3 - Dawn Of The Dinosaurs (U): Sat 10am.

CAMBRIDGE VUE
0871 224 0240
Times from Friday, December 11, until Thursday, December 17.
Avatar 3D (12A TBC): Wed 8.45pm.
Where The Wild Things Are (PG): Daily 10.10am, 12.30pm, 2.50pm, 5.20pm, 8pm.
The Twilight Saga - New Moon (12A): Daily 11.10am, 2pm (subtitled Sun), 7.50pm (subtitled Tue); Daily except Wed & Thu 9.45pm.
Planet 51 (U): Daily 11am, 1.10pm, 3.20pm, 6pm.
The Descent - Part 2 (18): Fri & Sat 10.30pm.
The Box (12A): Daily except Wed & Thu 12.50pm, 3.30pm, 6.10pm, 8.50pm; Fri & Sat 11.40pm; Wed & Thu 10.30pm.
Me And Orson Welles (12A): Daily 8.15pm; Daily except Sun, Mon & Tue 10.50pm.
Law Abiding Citizen (18): Daily except Wed & Thu 9.20pm; Fri & Sat 11.50pm.
Paranormal Activity (15): Daily 1pm, 3.10pm, 5.25pm, 7.40pm, 9.45pm; Daily except Sat & Sun 11am; Fri, Sat & Wed 11.50pm.
Nativity! (U): Daily 11.20am, 1.50pm, 4.20pm, 6.50pm.
2012 (12A): Daily 2.20pm, 5.40pm, 9.10pm.
A Christmas Carol 3D (PG): Daily except Thu 12.20pm, 2.40pm, 5.10pm; Daily except Wed & Thu 7.30pm; Daily except Sat & Sun 10am.
A Christmas Carol (PG): Daily 9.50am, noon.
The Men Who Stare At Goats (15): Daily except Sun, Mon & Tue 10.40pm.
Up 3D (U): Sat & Sun 10.05am.
Up (U): Daily except Wed & Thu 10.30am.
The Golden Compass (PG): Sat & Sun 10.20am.

CAMBRIDGE ARTS PICTUREHOUSE
0871 704 2050
Times from Friday, December 11, until Thursday, December 17.
Where the Wild Things Are (PG): Daily except Fri 2.15pm, 4.30pm, 6.50pm, 9.10pm; Daily except Fri & Wed noon; Fri 12.30pm, 2.45pm, 5pm, 7.15pm, 9.30pm.
Glorious 39 (12A): Daily except Sun, Wed & Thu 1.30pm; Fri, Sat & Sun 8.50pm; Sun 1.45pm.
A Serious Man (15): Daily except Thu 4pm, 9pm.
The Red Shoes (U): Daily except Thu 6.20pm; Fri, Sat & Sun 1.20pm.
Seraphine (PG): Fri, Sat & Sun 4pm; Sun 11.30am; Wed 1.45pm.
Cracks (15): Fri, Sat & Sun 6.30pm.
Avatar (12A TBC): Thu 8pm.
In the Night Garden (U): Fri & Sat 11am.
Stardust (PG): Sat 11am.

The big film

PLANET 51 (U, 90 mins) Family/Sci-Fi/Comedy/Action. Featuring the voices of Dwayne Johnson, Justin Long, Jessica Biel, Gary Oldman, John Cleese. Directors: Jorge Blanco, Marcos Martinez, Javier Abad.

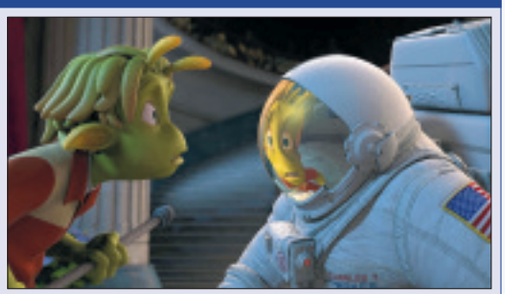
THE future and the past collide with amusing results in the computer-animated comedy from debutant Spanish directors Jorge Blanco, Javier Abad and Marcos Martinez.

Planet 51 unfolds on the titular world, far from our own, where little green men, women and children live in domestic bliss, which bears a spooky resemblance to 1950s white-picket-fence America.

The Chordettes' perky *Lollipop* plays on the jukebox of the local diner and kids crowd the cinema to watch the latest sci-fi epic about those nasty human invaders trying to destroy the resident alien communities.

When a lone astronaut does touch down on the planet, he faces the same level of hostility levelled at Klaatu in *The Day The Earth Stood Still.*

Screenwriter Joe Stillman has fun recreating the paranoia and fear of bygone America in an extra-terrestrial society, creating archetypes like a mad scientist and a warmonger general to stoke the tension.



In a nice twist, the human is a narcissistic, dim-witted buffoon who didn't even have to delicately navigate his craft down to the planet's surface, he just hit the auto-pilot button.

Gung-ho American astronaut Captain Charles 'Chuck' Baker (voiced by Johnson) touches down on Planet 51 believing he will be the first being to ever set foot on this alien world.

Instead, the human interloper discovers teenage budding astronomer Lem (Long), his friend Skiff (Scott), sassy next-door neighbour Neera (Biel) and a species that has been nurtured on a fear of men from the skies.

Once his presence on the planet is known, General Grawl (Oldman) sets out to capture Chuck and deliver him to deranged Professor Kipple (Cleese), who incarcerates the astronaut in a subterranean base.

Lem, Skiff and Neera launch a rescue mission with the help of Chuck's robot companion Rover to help the human visitor avoid a grim fate as a permanent exhibit at the Alien Invaders Space Museum.

The animation doesn't challenge Pixar for sophistication, but it's energetic, with solid vocal performances.

Lessons about tolerance are laid on thick in between the set pieces, and Stillman ensures the violence remains cartoonish throughout, introducing the cute robot sidekick and slapstick for younger audiences.

The nostalgic throwbacks to the 1950s are purely for (grand)parents.

SPECIAL READER OFFER
Sentimental Rose

THIS fabulous rose comes in a 12cm zinc cache pot, it's already in bud and will flower over Christmas. Not only will it brighten up any room over Christmas but also why not buy two and give the other as a gift to a friend or loved one.

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All orders will be acknowledged with an approximate delivery date. Last order for Christmas delivery – December 17.

Offers are subject to availability.

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Unwrap great gardening gift on Christmas morn

by Hannah Stephenson

Looking for that special gardening gift to bring some festive cheer to the loved one in your life?

There's no shortage of choice this year, and you'll be happy to know you don't always have to fight with crowds of shoppers because many gardening gifts can be bought online.

Whether you want to buy a little stocking-filler or a major hamper, there's a gift to suit everyone's budget.

For those seeking some stylish but inexpensive additions to the garden, look no further than some exotic Marrakesh Lanterns (£6.99, *www.crocus.co.uk*) from North Africa to light up the patio or bring focus to an area. Insert a tealight or candle and they will cast a softly-patterned glow. To be used indoors or out, they come in three sizes.

For a stylish touch to outdoor dining, treat your gardening loved one to some twinkling glass droplets attached to silver metal clips to hold the tablecloth corners down. Outdoor Table Clips come in a set of four (£14, *www.coxandcox.co.uk*).

There are some funky, unusual stocking-fillers on offer this festive season, including brightly-coloured Ceramic Baby Ladybirds (£3.99, *www.greenfingers.com*) which can be placed in borders to add a surprise element, and painted Root Veg Labels (£9.95 for four, *www.gardenboutique.co.uk*) which will add a touch of pizzazz to your allotment or veggie patch.

For those forgetful gardeners who can never remember where they planted their bulbs, invest in a pack of four stainless steel Seed and Bulb Markers (£8.95, *www.gardenboutique.co.uk*), in a classic tulip shape to remind them exactly what they planted where.

To jazz up a planter or dull corner in a contemporary setting, splash out on a set of five spherical Orbits (£19.99, *www.greenfingers.com*), handcrafted using specialist studio glazes in deep blue, red, orange, yellow and soft pink.

For the gardener who has everything, adopt a vegetable for a loved one – the proceeds will help Garden Organic's Heritage Seed Library to save Britain's rarest vegetables from the threat of extinction.

A year's adoption costs £20, and recipients will receive a packet of rare seeds, a certificate of adoption and background information on their chosen vegetable. There are four to choose from: the Tiger Tom tomato, District Nurse climbing French bean, Robinson pea and the Yellow Intermediate mangel (a beet). To adopt a veg, go online to *www.gardenorganic.org.uk/aav* or call 02476 308 210.

Create an instant herb or flower garden on your patio with a three-tier plant stand made of stained, untreated spruce. It will weather naturally and is best kept in a covered area outside. At £39.99 from *www.crocus.co.uk*, it comes with six galvanised pots.

If style is the watchword for the woman in your life, buy her a contemporary pink-and-black leather kneeler, handmade from waxed cotton and suede. Fully waterproof and with soft, thick padding, the Handmade Leather Kneeler (£34.95, *www.gardenboutique.co.uk*) comes with a handy carrying strap.

But if you really want to push the boat out this festive season, one of the most glorious gifts is the Great Big Garden Hamper (£79.95, *www.giftinspiration.com*, 01458 270 911), which combines fabulous things for gardening with delicious teatime treats. Items include hand tools, gardening gloves and seven seed varieties (basil, chives, parsley, thyme, sweet William, wildflower mix and butterfly flower).

Pampering contents include mustard bath salts and aromatic apple soap, while afternoon tea is also included, featuring tea, strainer, a box of chocolate chunk shortbread biscuits, a chocolate cake and butter fudge, plus a large jar of Gardener's Chutney.

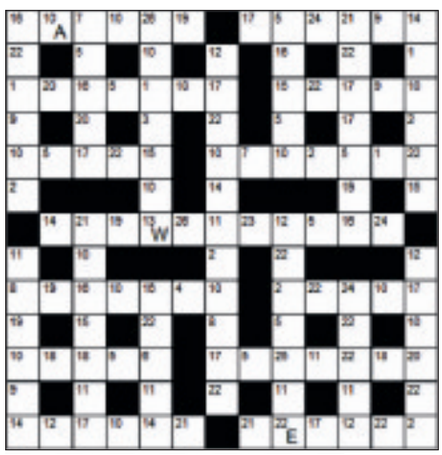
FOUR Ws

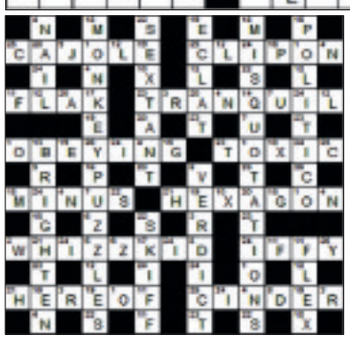
1 WHO...was the eponymous founder of the city of Nineveh?
WHAT...European country contains the province of Trento?
WHERE...is the television sitcom Father Ted chiefly set?
WHEN...did Bonnie Prince Charlie die?

2 WHO...wrote the BBC television drama series Blackpool?
WHAT...four elements did Empedocles suggest all matter was composed of?
WHERE...are the Great Karoo and the Little Karoo regions?
WHEN...was the satellite Aussat (Optus) A1 launched?

3 WHO...wrote the novel The Treasure Of The Sierra Madre?
WHAT...type of creature is a nannygai?
WHERE...in South America is the city of Londrina?
WHEN...did Martina Navratilova last win the Wimbledon Ladies Singles tennis title?

Answers: 1 Ninus; Italy; Craggy Island; 1788. **2.** Peter Bowker; Earth, Air, Fire and Water; South Africa; 1985. **3** B. Traven; A fish; Brazil; 1990.





Codeword 2: Can you crack the code and solve the word puzzle? Each number relates to a letter and every letter of the alphabet is used at least once.

■ Last week's solution.

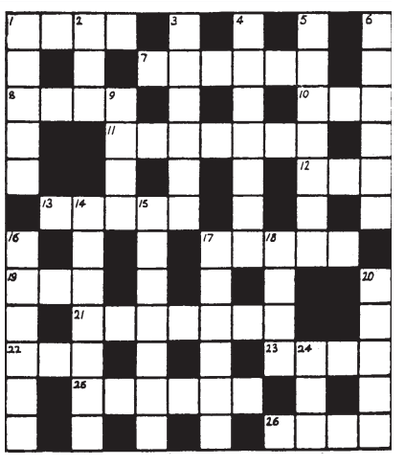
1		5		3		7	4	
	7		4	6	2			
		3	5				8	9
7			3			8	2	6
	8		2		4		5	
2	1	9			8			3
8	9					5		
			1	4	5			
	4	2		8		3		7

Sudoku 77: Place a number from 1 to 9 in each empty cell so that each 3x3 block, column, and full row includes each of the numbers from 1 to 9 only once.

6	7	8	9	4	1	5	2	3
1	3	5	8	2	6	7	4	9
4	9	2	7	3	5	1	6	8
3	8	4	1	9	7	6	5	2
2	1	9	5	6	3	8	7	4
5	6	7	4	8	2	9	3	1
8	2	1	6	5	4	3	9	7
7	4	6	3	1	9	2	8	5
9	5	3	2	7	8	4	1	6

■ Last week's solution.

Crossword 2143



Across

1. Actors' fling. (4)
7. Forbid his arrangement for outlaw. (6)
8. The burden that rests on America. (4)
10. Finish without starting to stoop. (3)
11. Mocked boy seen embracing relation. (7)
12. The colouring to pass on, say. (3)
13. Chart the French made from wood. (5)
17. Boy puts chicken on the rails. (5)
19. You men! Some will come back with a bird. (3)
21. Lords crowd round empty court to see spook. (7)
23. Departed to Labour's side. (4)
25. Agreed with the head. (6)
26. Old PM's strip. (4)

Down

1. Credit given to a single witch. (5)
2. Very little money making one endlessly bitter. (3)
3. Mother, true to form, is fairly old. (6)
4. Error to make wager after motorway. (7)
5. Heard CD awkwardly by gorge. (7)
6. Good notice needed to acquire useful tool. (6)
9. The way work would cease? (4)
14. Funny morning to be employing stories? (7)
15. Could feet be so described in old stories? (7)
16. Gesture when brook's working. (6)
17. One who loathes holding trimming initially for milliner. (6)
18. Boy like Christmas? (4)
20. Car test at the Spanish place to stay. (5)
24. River goes east by east. (3)

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Solution to 2142 – Across: 1 Squire, 4 Occur, 8 Diatribe, 10 Tie, 11 Lightest, 13 Asti, 15 Rain, 16 Awakened, 19 Nip, 20 Delegate, 22 Noted, 23 Person. **Down:** 1 Spite, 2 Understand, 3 Real life, 5 Cab, 6 Relate, 7 Brag, 9 Eye-witness, 12 Hard case, 14 Tartan, 17 Need, 18 Spain, 21 Ere.

THE GUIDE | WEEKEND TV

SATURDAY

BBC1

6.00 Breakfast.
10.00 Saturday Kitchen.
11.30 Nigella's Christmas Kitchen.
12.00 BBC News; Regional News; Weather.
12.15 Football Focus.
1.00 Live Snooker: UK Championship. The second semi-final.
4.20 Final Score.
5.10 BBC News; Regional News; Weather.
5.30 Hole in the Wall.
6.00 Merlin. While Arthur and Merlin are out of Camelot fighting a magical army, Morgause returns to the city.
6.45 Strictly Come Dancing. The three remaining couples compete for a place in next week's grand final.
8.00 The National Lottery Draws.
8.10 Casualty. With Adam at Lucas's nativity play, Jordan seizes his chance to treat the victims of a bus crash.
9.00 The Impressions Show with Culshaw and Stephenson.
9.30 Strictly Come Dancing. The result of the public vote and judges verdict reveals which two couples will compete for a place in the final.
10.00 BBC News; Weather.
10.25 Match of the Day. Highlights of today's Premier League fixtures.
11.50 The Football League Show.
1.05 Friday Night with Jonathan Ross.

BBC2

6.00 CBeebies: Me Too!
6.20 Big Cook Little Cook.
6.40 Mama Mirabelle's Movies.
7.00 CBBC: Dennis and Gnasher.
7.10 Dennis and Gnasher.
7.25 Sportsround.
7.40 What's New Scooby-Doo?
8.00 Gimme a Break.
8.30 TMi.
10.00 Best of Friends.
10.30 Ed and Oucho.
11.00 The Story of Tracy Beaker.
11.30 Deadly 60.
12.00 BBC Switch: The Cut.
12.25 BBC Switch: The Season.
12.55 Greek.
1.40 BBC Switch: Revealed.
2.00 The Sky at Night.
2.20 Animal Park.
2.50 FILM: I Know Where I'm Going (1945). Romantic drama, starring Wendy Hiller.
4.20 Live Snooker: UK Championship. The second semi-final.
5.30 Coast.
6.30 Dad's Army.
7.00 Live Snooker: UK Championship. The concluding session of the second semi-final.
9.30 Have I Got a Bit More News for You. Actor Dominic West hosts the satirical quiz show.
10.10 The Thick of It.
10.40 Pulling Special.
11.40 Defying Gravity.
12.25 Snooker: UK Championship.

ITV

6.00 GMTV.
9.25 CITV: Horrid Henry.
9.55 Atomic Betty.
10.10 Emu.
10.25 Finger Tips.
10.45 FILM: The Little Polar Bear (2002). Animated adventure.
12.10 News and Weather.
12.15 FILM: Black Beauty (1994). Family drama, starring Sean Bean.
1.55 FILM: Curly Sue (1991). A homeless conman takes a young street urchin under his wing. Family comedy.
3.55 FILM: Scooby-Doo (2002). The hapless hound and his chums reunite to solve a baffling mystery. Live-action comedy adventure.
5.30 News and Weather.
6.00 Harry Hill's the Best of TV Burp. Classic clips.
6.30 Cheryl Cole's Night In. The singer and X Factor judge performs songs from her album 3 Words.
7.30 The X Factor. It is the final! The three remaining acts battle it out for the X Factor title.
9.30 The British Comedy Awards 2009. Jonathan Ross returns to host the annual ceremony.
11.00 ITV News and Weather.
11.15 FILM: Ali G Indahouse (2002). Comedy, with Sacha Baron Cohen.
12.55 FILM: Lies My Mother Told Me (2005) Fact-based crime thriller.

CHANNEL 4

6.05 Sali Mali.
6.10 Planet Cook.
6.30 Yo Gabba Gabba.
7.00 World Sport.
7.30 Freesports on 4.
8.00 The Morning Line.
8.55 T4: Friends.
10.00 T4: 90210.
11.00 T4: Friends.
11.35 T4: The Hollyoaks Music Show.
12.05 T4: Avatar Film Special.
12.40 T4: Scrubs. JD imagines his life as a sitcom.
1.15 T4: Scrubs.
1.45 Channel 4 Racing.
4.00 Cheryl Cole: T4 Special.
4.15 My First Year.
5.20 FILM: Jingle All the Way (1996). Festive all-action comedy with Arnold Schwarzenegger on a mission to get his son the must-have Christmas toy Turbo Man that's sold out everywhere.
7.00 Channel 4 News.
7.30 Come Dine with Me Extra Portions. Four instalments of the culinary competition, this week in Sheffield.
9.30 FILM: The Shawshank Redemption (1994). A man wrongly jailed for his wife's murder forms an extraordinary friendship with a fellow inmate. Drama, starring Tim Robbins and Morgan Freeman.
12.15 4Music: Live from Abbey Road.

five

6.00 Sunrise.
7.00 Angels of Jarm.
7.05 Milkshake! Bop Box.
7.10 Fireman Sam.
7.25 Rupert Bear.
7.35 Hana's Helpline.
7.45 The WotWots.
8.00 Make Way for Noddy.
8.10 Adventures of Bottle Top Bill.
8.30 The Mr Men Show.
8.45 Harry and His Bucket.
9.00 Olivia.
9.15 Little Princess.
9.30 Gerald McBoing Boing.
10.00 NFL UK.
11.00 The Gadget Show Christmas Special.
12.00 Britain's Best Brain.
1.00 Zoo Days.
1.10 FILM: Murder Most Foul (1964). Murder mystery.
3.00 FILM: The Shootist (1976). Western, starring John Wayne.
5.05 FILM: The Omega Man (1971). Sci-fi drama.
7.05 Five News.
7.10 NCIS. Gibbs investigates the case of a Navy Seal who apparently committed suicide.
8.05 CSI: NY.
9.00 CSI: Crime Scene Investigation.
10.00 Law & Order: Special Victims Unit. Crime drama.
10.55 CSI: NY. Stella's DNA is linked to an unsolved homicide case dating back to 1997.
11.50 Women Who Kill.
12.15 SuperCasino.

Small Island
BBC1, Sunday, 9pm

The X Factor Final
ITV, Saturday and Sunday, 7.30pm

Elf
Channel Four, Sunday, 5.45pm

Constantine
five, Sunday, 9.30pm

SUNDAY

BBC1

6.00 Breakfast.
7.30 Match of the Day.
9.00 The Andrew Marr Show.
10.00 Fern Britton Meets Tony Blair. The former prime minister talks about his Catholic beliefs.
11.00 Country Tracks. Ellie Harrison visits the east coast of Northern Ireland.
12.00 The Politics Show.
1.00 Cash in the Attic.
2.00 'Allo 'Allo! Gruber finishes the paintings.
2.25 EastEnders. Omnibus.
4.20 Lifeline.
4.30 Points of View.
4.50 Songs of Praise. A Christmas special from the Royal Albert Hall in London.
5.30 Life. The strategies used by plants that allow them to grow even where there is no sunlight, water or nutrients.
6.30 BBC News; Regional News; Weather.
7.00 Sports Personality of the Year. The most prestigious award ceremony in the British sporting calendar is back.
9.00 Small Island. Conclusion of the two-part adaptation of Andrea Levy's novel, set in post-war London. Drama.
10.30 BBC News; Regional News; Weather.
10.55 Match of the Day 2.
11.40 FILM: Black Jack: Sweet Science (2004). Australian detective drama.
1.15 Sign Zone: Holby City.

BBC2

6.00 CBeebies: Me Too!
6.20 Big Cook Little Cook.
6.40 Mama Mirabelle's Movies.
7.00 CBBC: Uncle Max.
7.10 OOglies.
7.30 Prank Patrol.
8.00 ChuckleVision.
8.30 The Basil Brush Show.
9.00 The Sorcerer's Apprentice.
10.00 Something for the Weekend.
11.30 Escape to the Country.
12.30 Sports Personality of the Year: The Contenders. The nominees for the award.
1.05 Live Athletics. The senior women's race at the European Cross-Country Championships.
2.00 Live Snooker: UK Championship. The opening session of the final.
5.30 Ski Sunday. New series. The men's World Cup Super-G from Val D'Isere in France.
6.00 100 Years of the Girl Guides. Documentary celebrating the centenary of the Girl Guides.
7.00 Delia's Classic Christmas. Delia Smith presents a festive cooking special.
8.00 Victorian Farm Christmas.
9.00 Live Snooker: UK Championship.
11.00 Never Mind the Buzzcocks. Frankie Boyle hosts the comedy music quiz.
11.30 Argumental.
12.00 FILM: The Blue Tower (2008). Drama, with Abhin Galeya.

ITV

6.00 GMTV.
9.25 CITV: Paz.
9.35 Supernormal.
9.50 Horrid Henry.
10.05 Emu.
10.35 Finger Tips.
10.55 Coronation Street.
1.10 News and Weather.
1.15 Animals Do the Funniest Things.
2.15 FILM: Columbo: Rest in Peace, Mrs Columbo (1990). Crime drama.
4.15 Midsomer Murders. Proposals to build a supermarket lead to murder.
6.15 News and Weather.
6.45 All Star Family Fortunes.
7.30 The X Factor. The two most popular finalists have one more chance to impress the public before the champion is revealed.
9.30 I Dreamed a Dream: The Susan Boyle Story. The Britain's Got Talent runner-up duets with her idol Elaine Paige and performs a selection of her favourite songs.
10.30 ITV News and Weather.
10.45 Wayne McGregor – Across the Threshold: The South Bank Show.
11.45 FILM: Gorillas in the Mist (1988). An American anthropologist gives up her city life to research endangered mountain gorillas in Rwanda. Fact-based drama.
1.55 Champions League Weekly.

CHANNEL 4

6.05 Sali Mali.
6.10 Planet Cook.
6.30 Yo Gabba Gabba.
7.00 Beach Volleyball.
7.55 The Great Swim Series.
8.50 T4: Friends.
9.25 T4: Hollyoaks.
11.55 T4: 90210.
12.50 T4: St Trinian's 2: T4 Premiere Special.
1.25 T4: Ugly Betty. Guest starring singer Adele.
2.20 T4: JLS Christmas Crackers.
3.25 T4: The Simpsons.
3.55 T4: The Simpsons. Homer gets food poisoning.
4.25 Deal or No Deal.
5.15 Channel 4 News.
5.45 FILM: Elf (2003). Comedy, starring Will Ferrell.
7.30 The Worst Christmas Jobs in History. Tony Robinson takes a slow slide down the Christmas career ladder as he tries his hand at some of the most wretched festive duties.
8.30 Come Dine with Me. Four cooks host dinner parties in Leeds.
9.30 FILM: Epic Movie (2007). Four adult orphans, each inspired by a character from a recent movie, discover the enchanted land of Gnarnia, which has fallen under an evil spell. Spoof fantasy.
11.10 FILM: Cellular (2004). Thriller, with Kim Basinger and Jason Statham.
1.00 FILM: Lolita (1997). Drama.

five

6.00 Sunrise.
7.00 Angels of Jarm.
7.05 Milkshake! Bop Box.
7.10 Fireman Sam.
7.25 Rupert Bear.
7.35 Hana's Helpline.
7.50 The WotWots.
8.00 Make Way for Noddy.
8.10 Adventures of Bottle Top Bill.
8.25 Roobarb and Custard Too.
8.35 The Mr Men Show.
8.50 Harry and His Bucket Full.
9.00 Olivia.
9.20 Little Princess.
9.35 Gerald McBoing Boing.
10.00 Shake!: Snobs.
10.35 Wizards of Waverly Place.
11.10 Hannah Montana.
11.45 The Tribe.
12.15 Zoo Days.
12.35 FILM: Three Wise Guys (2005). Comedy.
2.20 FILM: Blizzard (2003). Family drama.
4.20 FILM: Grounded (2006). Family comedy.
6.05 Highland Emergency.
6.30 Five News.
6.35 FILM: Raid on Entebbe (1977). Fact-based drama, recounting the 1976 Israeli raid on Uganda's Entebbe airport.
9.30 FILM: Constantine (2005). An Exorcist grudgingly takes on the forces of evil, hoping his actions will earn him a place in heaven. Supernatural thriller.
11.50 CCTV Cities.
12.55 NFL Live.

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WEEKLY NEWS
PROPERTY

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The Street, Barrow £249,995

Your Move Lattimores are delighted to this recently refurbished three bedroom detached bungalow situated within the popular village of Barrow which is located between Newmarket and Bury St. Edmunds just of the A14. The village offers some limited facilities, with more comprehensive range of shopping available at either Newmarket or Bury St. Edmunds.

The property has the benefit of a replacement bathroom suite, new kitchen with fitted electric oven. New carpets throughout, oil fired central heating and double glazing. Offered with no upward chain, viewing is essential to appreciate this bungalow.

Comprising of the following:- Reception Hall, Sitting room, Newly Refurbished Kitchen/Diner, Three Bedrooms, New Bathroom suite, Oil fired radiator heating, Single garage and a good sized garden. The property is offered with no chain and viewing can be arranged via the sole agents Your Move Lattimores.

To arrange to view the property contact Your Move on 01638 660303

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Includes the Property pages

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Newmarket **£159,950**
A modern 3 bedroom terraced house standing in a sought after location south of the town. Features include ground floor cloakroom, ensuite shower room, enclosed garden and single garage. NO CHAIN.

Burwell **£199,950**
A beautifully presented period cottage with a wealth of original features including an inglenook fireplace and exposed timbers. Accommodation includes 2 large reception rooms, 2 double bedrooms, first floor bathroom

Newmarket **£265,000**
A superbly presented 4 bedroom detached house standing on a corner plot in a popular residential area. The property benefits from 2 reception rooms, a modern fitted kitchen, a garage,parking and attractive established gardens.

Kirtling **£225,000**
A 3 bedroom detached bungalow standing in a superb corner position with far reaching views over undulating countryside. Tremendous potential, No chain.

Chippenham **£485,000**
A delightful 17th century grade II• listed period barn conversion set within the stunning grounds of Chippenham Park. Generous accommodation includes 3 reception rooms, 4 bedrooms and ensuite bathroom. Private garden, Parking and Garage.

Newmarket **£365,000**
A detached period property situated in a sought after location South East of the town centre. The property iscurrently used as a 4 bedroom guest house with ensuite showers to 4 rooms, 2 reception rooms and established private gardens.

Fordham **£349,950**
An impressive 4 bedroom detached house with luxury kitchen, ensuite bathroom, study, double garage and hot tub. To fully appreciate this outstanding home a viewing is essential.

PROPERTY

Chalet-style residence

THIS spacious detached chalet-style property is situated in Oakdene Gardens, a small cul-de-sac in Beck Row, near Mildenhall.

It offers an entrance hall, cloakroom, living room, kitchen/dining room, utility room, three bedrooms, a bathroom and en suite.

There is also a detached garage and gardens to the front and rear.

This property is on the market for £199,950 and would make a great investment purchase.

For further details, contact Pocock & Shaw on (01353) 668091.

Modern end-terrace is offered with no upward chain

SITUATED in Hundred Acre Way, Kings Warren, is this modern end-of-terrace home.

It offers an entrance hall, living room, cloakroom, kitchen/dining room, three first-floor bedrooms, a bathroom and en suite shower room.

The property is set back behind a lawn and a further garden can be found to the rear, along with two parking spaces.

This property is on the market with no upward chain for £169,950.

For further details, contact the agents, Pocock & Shaw, on (01353) 668091.

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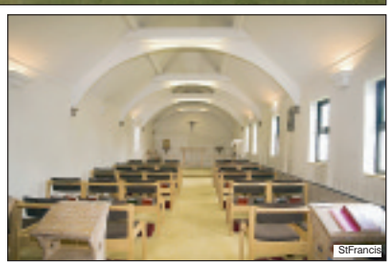

HEMINGFORD GREY

Retreat house providing a range of reception/meeting rooms, accommodation for 22 persons, chapel and 2 bedroom cottage, situated in beautiful mature grounds.

Suitable for continued existing institutional use or a range of alternative uses including a family dwelling house, residential apartments/sub-division, small scale hotel or bed & breakfast, offices or retail/leisure use, subject to necessary consents. Available as a whole or in lots.

Guide Price £1,350,000

CHEVELEY

A superbly presented detached bungalow situated in this much sought after village location with a large garden, paddocks, stables and grounds extending to 1.04 acres (sts)

Entrance Hall, Reception Hall, Sitting Room, Family Room, Dining Room, Kitchen, Inner Hall/Utility. 4 Bedrooms and 2 Bathrooms. Driveway and Parking, Integral Single Garage, Paddocks and Stables.

Guide Price £550,000

NEWMARKET

An impressive detached family house situated in a sought after edge of town location with large garden and attractive views.

Reception Hall, Sitting Room, Dining Room, Study, Kitchen/Breakfast Room, Utility Room, Cloakroom. Master Bedroom with En Suite, Guest Bedroom with En Suite, 3 Further Bedrooms and Bathroom. Double Garage and Garden.

Guide Price £495,000

GAZELEY

A beautifully presented detached bungalow in a quiet village location with a good sized rear garden and detached single garage.

Entrance Hall, Sitting Room, Kitchen/Breakfast Room, Study/Bedroom 4, Cloakroom. Master Bedroom with Shower Room, 2 Further Bedrooms and Bathroom. Driveway and Parking, Detached Garage and Garden.

Guide Price £337,500

ISLEHAM

A charming Grade II Listed property set close to the centre of this sought after village with a landscaped garden and detached newly-built double garage.

Entrance Hall, Sitting Room, Drawing Room, Kitchen/Dining Room, Cloakroom, Cellar. 3 Bedrooms and Bathroom. Driveway and Parking, Detached Double Garage and Garden.

Guide Price £325,000

GAZELEY

A delightful Grade II Listed thatched cottage set in a secluded position close to the centre of the village.

Entrance Hall, Sitting Room, Dining Room, Kitchen, Utility Room, Bathroom, Shower Room. 4 First Floor Bedrooms. Driveway and Parking, Two Store Sheds and Garden.

Guide Price £365,000

LITTLEPORT

An individual newly-built family house enjoying views over open countryside and river with stables and paddock.

Reception Hall, Sitting Room, Dining Room, Kitchen/Breakfast Room, Utility Room, Cloakroom. Master Bedroom with En Suite, 4 Further Bedrooms (2 En Suite) and Bathroom. Driveway and Parking, Detached Double Garage, Garden, Paddock and Stables.

Guide Price £485,000

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NEWMARKET

A superb second floor apartment enjoying impressive views over Warren Hill Training Grounds situated in this highly regarded development within walking distance of the town centre.

Entrance Hall, Reception Hall, Sitting Room, Dining Room, Kitchen. Master Bedroom with En Suite Shower Room, Bedroom Two, Bathroom/Cloakroom. Parking, Car Port and Communal Gardens.

Guide Price £295,000

NEWMARKET

An exceptional ground floor apartment situated in a Grade II Listed late Victorian mansion set within stunning grounds in this fully secure complex with direct access to Tattersalls and close to the town centre.

Reception Hall, Drawing Room, Dining Room, Kitchen and Cloakroom. Master Bedroom with En Suite Bathroom, Guest Bedroom and Shower Room. Driveway, 2 Parking Spaces, Visitors Parking, Private Terrace and Communal Grounds.

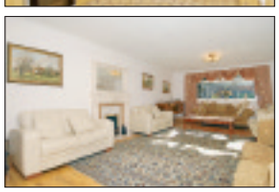
New Guide Price £675,000

NEWMARKET

A superbly presented family house set in an exclusive gated development with a fully walled garden offering light and spacious accommodation and finished to a high level of specification

Reception Hall, Drawing Room, Family Room, Kitchen/Dining Room, Utility Room, Cloakroom. Master Bedroom with Dressing Room and En Suite, 3 Further Bedrooms and Bathroom. Driveway and Parking, Integral Garage and Walled Garden.

New Guide Price £495,000



WORLINGTON

A spacious family house in this charming village, benefiting from a heated outdoor swimming pool and separate annexe.

Reception Hall, Sitting Room, Dining Room, Kitchen/Breakfast Room, Inner Hall, Utility Room, Family Room, Cloakroom. 4 Bedrooms (2 En Suite) and Bathroom. Detached Annexe with Kitchenette, Sitting Room, Shower / Dressing Area, Cloakroom and Bedroom. Garden with Heated Swimming Pool, Terrace, Summer House and Garden Store.

Guide Price £545,000

COWLINGE

A Grade II Listed property with grounds extending to 1.9 acres (sts) with equestrian facilities and a detached home office/annexe.

Reception Hall, Drawing Room, Dining Room, Sitting Room, Kitchen/Breakfast Room, Cloakroom. Master Bedroom Suite, 3 Further Bedrooms and Bathroom. Driveway and Parking, Garden, Detached Office/Annexe, Stables and Paddocks.

Guide Price £695,000

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NEW

Moulton £249,995

A delightful and modern detached family home located within this charming and picturesque village, enjoying views to opens fields.

Accommodation features lounge, dining room, shower room, conservatory, three/four bedrooms and bathroom. Off road parking and enclosed garden.

NEW

Burwell £249,995

A detached family bungalow located to the outskirts of this much sought after village easily accessible access to Cambridge.

Offering outstanding value for money, accommodation includes lounge, conservatory and three bedrooms. Large rear garden and garage.

NEW

Newmarket £319,995

A substantial detached family home located to the favoured south side of the town centre, positioned within a much sought after area.

Accommodation comprises two reception rooms, spacious kitchen/diner, shower room, six bedrooms and bathroom. Garage and garden. No chain.

Burwell £189,995

A recently constructed family home centrally located to the heart of this well served and sought after village. No onward chain.

Accommodation includes entrance hall, lounge, kitchen/dining room, cloakroom, three bedrooms (en-suite to master) and a family bathroom.

NEW

Fordham £118,000

A charming Grade II listed flint Victorian cottage centrally located to the heart of this well served East Cambridgeshire village.

Accommodation comprises lounge, kitchen/diner, bathroom and two bedrooms to the first floor. Gas fired heating and courtyard garden.

NEW

Burwell £87,500

A corner ground floor apartment positioned within an attractive complex for occupation by persons of minimum 55 years of age.

Accommodation includes entrance hall, lounge dining room, refitted kitchen, generous sized bedroom and refitted shower room. No chain.

NEW

Exning £145,000

A family home set within this picturesque and highly regarded village and within walking distance of the local primary school.

Tastefully decorated, accommodation includes living/dining room, refitted kitchen, refitted bathroom, conservatory and three bedrooms.

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MEADOW LANE — £499,950

A quite magnificent five bedroom executive detached family home in an exclusive development on the outskirts of Newmarket built by the renowned builder David Wilson. The property is presented to high standard throughout with built in appliances including cooker, dishwasher, American style fridge/freezer, washing machine and tumble dryer. Viewings strictly through agents Your Move.

CENTRE DRIVE — £275,000

VIEW TODAY!!
This is a truly stunning three bedroom modern detached bungalow in sort after location built to a high specification throughout. Comprising of:- Reception hall, kitchen/diner, utility, sitting room, conservatory, three bedrooms, master with en suite, family bathroom, enclosed garden and garage. Offered with no upward chain, viewing is essential to appreciate this home. FOR FURTHER INFORMATION ON THE HOME CALL 01638 660303 OR email newmarket@your-move.co.uk

COMMON ROAD — £235,000

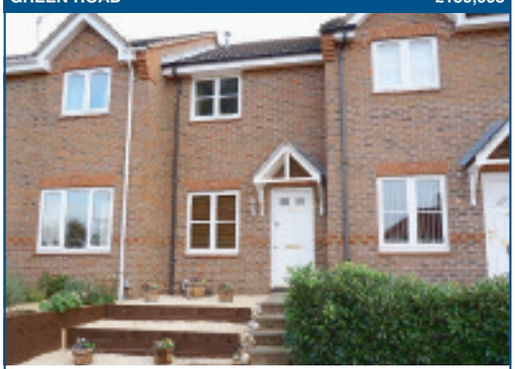
In our opinion a modern spacious four bedroom detached family home in a non estate location situated within the popular village of Weston Colville. The property has been updated within recent times to include a replacement kitchen and bathroom, however could benefit from further improvement. We believe viewing to be essential to fully appreciate this home.

CROFT ROAD — £130,000

An older style two bedroom end of terrace home located in a popular location close to town and all facilities. The property benefits from gas radiator heating and replacement double glazing, this represents an ideal first time or investment purchase.

Wishing you all a Happy Christmas and a Properous New Year from us all here at Your Move Lattimores

GREEN ROAD — £159,995



IMMACULATELY PRESENTED THROUGHOUT. This is a particularly well presented two bedroom modern terrace house situated close to the railway station and town centre. Offering modern living accommodation with new kitchen and bathroom this is an opportunity not to be missed. Sitting room, kitchen/diner, two bedrooms, bathroom and enclosed garden. Ideal purchase for the first time or investment buyer as there is nothing to do other than move in. Offered with no upward chain this is definitely one not to be missed. PLEASE CALL TODAY ON 01638 660303!!

ASPEN CLOSE — £189,995

Only 18 months old, this three bedroom detached family home is situated at the end of a select cul de sac on the edge of this popular Fenland village with good access to Ely, Newmarket and Cambridge. Entrance hall, Cloakroom, Kitchen/Diner, Sitting room, Three bedrooms, master with en-suite, Family bathroom, Gas radiator heating, enclosed garden and garage. NO CHAIN!!!

WHITE LODGE — £195,000 O.I.R.O

A RARE OPPORTUNITY IN DEED!! This delightful and attractive looking two bedroom cottage style home forms part of a charming Victorian conversion of similar types of homes. This exclusive development is accessed via electric security gates to a courtyard, which leads to communal gardens, which are maintained to a high standard throughout the year and allocated parking. Entrance hall, lounge/diner, kitchen, master bedroom with en-suite bathroom, guest bedroom, shower room, gas radiator heating and small area of garden. Offered with no onward chain viewing can be arranged via the sole agents YOUR MOVE LATTIMORES on 01638 660303

AUREOLE WALK — £160,000

A well extended four bedroom family home on the popular Stud lands development with good access to the town and A14 link road. The property has the benefit of double glazing, gas radiator heating, modern kitchen and bathroom. Viewing is essential to appreciate the size of this home, which is offered with no upward chain.

sales lettings mortgages

Acacia Property Management

01638 663705

16 Black Bear Court, High Street, Newmarket CB8 9AF

Nightingale Close, Mildenhall, Suffolk

One bed apartment on two levels. Lounge, kitchen, bathroom and shower, galleried bedroom, good, size garden and 2 parking spaces. Gas heating.

Rent: £375.00 per calendar month
Available immediately

Old Station Road, Newmarket

A central first floor apartment. Entrance hall, kitchen, double bedroom, en-suite bathroom, huge, lounge / diner, office. Rent includes council tax.

Rent: £425.00 per calendar month
Available Immediately

Bury Road, Newmarket

A one bedroom flat on the popular Bury Road., Kitchen, dining room, Double bedroom, large bathroom, good-size lounge. Fully furnished.

Rent: £450.00 per calendar month
Available from 12/12/2009

New Road, Exning, Newmarket

A two bedroom 1st floor maisonette near to local, amenities. Spacious lounge/diner, bathroom and shower, two double bedrooms. Gas heating, parking and garden.

Rent: £500.00 per calendar month
Available Immediately

Magnolia Close, Red Lodge, Bury St Edmunds, Suffolk.

Three bedroom detached house with garage and large, gardens. Hallway, lounge / diner, kitchen, three, bedrooms, bathroom and shower. Electric heating. No pets

Rent: £550.00 per calendar month
Available Immediately

Bayfield Drive, Burwell, Cambs

End Terrace, 2 bedrooms with parking facilities, garden and a garage. The property is un-furnished. Children are welcome.

Rent: £575.00 per calendar month
Available from 31/12/2009

Hurts Croft, Fordham, Ely

Four bedroom detached house.Hallway, cloakroom, dining room, kitchen; en-suite bedroom, newly fitted, bathroom, front and rear gardens. Gas central heating.

Rent: £850.00 per calendar month
Available Immediately

Hillside Meadow, Fordham, Ely.

A modern detached bungalow with garage, gardens, three bedrooms, two bathrooms, fitted kitchen lounge, dining room, gas central heating and in very good order.

Rent: £1,050.00 per calendar month
Available Immediately

Swafham Road, Burwell, Cambs

A modern four bed detached house. Lounge, dining room, Master en-suite with dressing area, two further double, bedrooms, garage. Gas c/h private garden.

Rent: £1,075. per calendar month
Available from 15/11/2009

Newnham Close, Mildenhall, Bury St Edmunds, Suffolk.

Spacious three bedroom house with fully fitted kitchen, including all appliances, large conservatory, well, presented throughout. Gas c/h and gardens.

Rent: £600. per calendar month
Available Immediately

Lisburn Road, Newmarket

Three bedroom terrace near to the train station, and town centre. Lounge, dining room, fitted kitchen, Gas c/h, garden, on street parking.

Rent: £595. per calendar month
Available 30/11/2009

New Cheveley Road, Newmarket, Suffolk.

Ground floor one bedroom flat with easy parking and, garden. Hallway, shower room, lounge, kitchen, bedroom with fitted units, gas heating.

Rent: £450. per calendar month
Available Immediately

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YOUR GUIDE TO MOVING HOME

1 **Moving home can be a complicated business and, in the hectic run to the big day, it is all too easy to forget something vital. The Property News offers their readers this handy checklist that should help avoid major pitfalls. We suggest you tick off the items as you deal with them...**

WITH FOUR WEEKS TO GO:

- ☐ Get estimates from removal companies, checking that comprehensive insurance cover is available against damage or loss. Is there a packing and unpacking service? Confirm the date of your move with the firm you have chosen.
- ☐ Check on your home contents insurance policies to ensure that you are covered for the move, and covered at your new address.
- ☐ Make arrangements for your gas and electricity meters (plus water meters where relevant) to be read and all your appliances to be disconnected on the day of your move.
- ☐ Arrange to take over gas and electricity at your new address, and make sure that all appliances will be properly fitted, plumbed or connected.
- ☐ Notify British Telecom and ask them to make the necessary arrangements for a final account at your present address, and for taking over or installing telephone facilities at your new home.
- ☐ Arrange for change of address cards to be printed.

WITH TWO WEEKS TO GO:

- ☐ Confirm all arrangements, times etc, for meter readings, disconnections and reconnections, with authorities and with your buyer and seller.
- ☐ Make sure you have a good stock of packing materials, including sturdy boxes and plenty of string and sticky tape.
- ☐ Begin to throw out unwanted items from attics, wardrobes. What you really don't want you may as well dump now, or send to charity. It's a great time for a good sort out!

WITH ONE WEEK TO GO:

- ☐ Send off change of address cards.
- ☐ Arrange and pay for automatic redirection of your mail by the Post Office.
- ☐ Cancel and pay up accounts for routine delivery services such as milk, groceries, fuel and your Cambridge Evening News. Re-organise these deliveries for your new address.
- ☐ Defrost refrigerators in preparation for move and, if you are moving a freezer and its contents, turn it up to maximum for a couple of days before you move.

WITH ONE DAY TO GO:

- ☐ Complete your packing except for those items you are likely to need overnight, and prepare a picnic for moving day.
- ☐ Have a large enough cash 'float' available to deal with unexpected expenses, and make sure you have collected documents and valuables together in a safe place.
- ☐ Cover carpets which are being left behind, so as to minimise damage during furniture removal.
- ☐ Check through previous lists to make sure nothing has been overlooked, then enjoy a worry-free early night!

2 ON MOVING DAY:

- ☐ Strip beds and pack bedding and nightclothes.
- ☐ Pack items for washing/toiletries.
- ☐ Take down curtains.
- ☐ Take up rugs, carpets, floor coverings, as required.
- ☐ Dismantle any light fittings etc., not included in the sale.
- ☐ Turn off electric appliances.
- ☐ Disconnect cooker.
- ☐ Turn off boiler/central heating.
- ☐ Turn off water.
- ☐ Read gas meter.
- ☐ Read electricity meter.
- ☐ Secure all windows.
- ☐ Lock all doors.
- ☐ Leave key as arranged with new owners.
- ☐ On arrival at your new home, unpack slowly and methodically so that you can check for loss or damage.

3 EXTRA HINTS FOR A SMOOTH MOVE...

WHO TO NOTIFY:

- ☐ Banks.
- ☐ Building Societies.
- ☐ Credit companies.
- ☐ Insurance companies.
- ☐ Gas, Electricity and Water Boards.
- ☐ Telephone company.
- ☐ Local Authority (Rating Department).
- ☐ Driving Licence authorities.
- ☐ Inland Revenue.
- ☐ Store cards and accounts.
- ☐ Other lease, hire or rental companies.
- ☐ Employer.
- ☐ Doctor.
- ☐ Dentist.
- ☐ Schools.
- ☐ Professional Bodies/Trade Unions.
- ☐ Motoring organisations.
- ☐ Newsagent.
- ☐ Friends and relatives.

FIUK1

Newmarket
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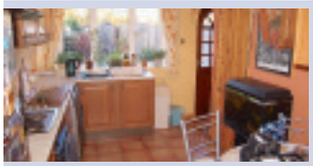
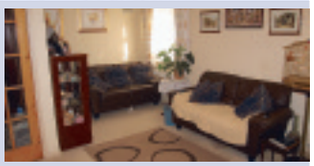
pocock&shaw
surveyors and estate agents

Exning £160,000

A delightful bay fronted period cottage set within a sought after village offering 2 reception rooms, kitchen, 2 double bedrooms and a large garden. OUTSTANDING VALUE





Stetchworth £165,000

A well presented and charming semi detached 2 bedroom cottage attractively situated within this much sought after village.

Hall, sitting Room, kitchen/diner, 1st floor bathroom, garden.

Newmarket £129,950

Set within a popular location south of the town centre a well presented 2 bedroom Victorian cottage with 2 reception rooms, kitchen, 1st floor bathroom and gas radiator heating.

Freckenham £181,000

A charming period cottage of character providing well presented and much improved accommodation. Sitting/dining room with exposed beams and fireplace. off road parking.

Burwell £235,000

A rare opportunity to purchase a splendid three bedroom Victorian home, which can only be described as deceptively spacious.

Fordham £119,950

A deceptively spacious end of terrace 2 bedroom period cottage in need of further improvement. Sitting/dining room, large kitchen, bathroom, off road parking, outbuilding and garden.

Newmarket £169,950

Situated On The Popular South Side Of Newmarket A 3 Storey Town House Enjoying A Balcony Off The Lounge/Dining Room, Gas Radiator Heating, & A Garage

Beck Row £199,950

Forming Part Of A Small Exclusive Cul-De-Sac A Detached Chalet Style 3 Bedroom House Presented To An Exceptionally High Standard Throughout.

Worlington £215,000

A stunning 3 bedroom period converted former school house providing quite superb and versatile accommodation.

RENTALS

Burwell £600pcm

A much improved and smartly presented 2 double bedroom bungalow enjoying a re-fitted kitchen and bathroom, garden, garage and off road parking.

Isleham £675pcm

A Superbly Presented And Much Improved Village House With Lounge, Kitchen-Breakfast Room, Utility And Play Room, Parking For 4 Cars And Large Rear Garden.

Newmarket £725pcm

A Superb, Luxury 2nd Floor Two Bedroom Apartment Situated In An Excellent Position Close To The Town Centre. Allocated Parking. Unfurnished

Burwell £625pcm

A Superb Ground Floor Retirement Apartment Providing Very Spacious Accommodation & Situated In This Exclusive Development.

Warrington Street £525pcm

Set within a popular location south of the town centre a 2 bedroom cottage. 2 reception rooms, kitchen, 1st floor bathroom, gas radiator heating.

Willow Crescent £700pcm

Situated on the popular south side if town a 3 story 3 bedroom town house with a garden, garage and garden. Unfurnished.

New Cheveley Road £625pcm

Two very spacious 2 bedroom apartments situated south of Newmarket town centre.

Newmarket £695pcm

A very spacious 4 bedroom house set in a popular residential area north of the town centre.

Newmarket £795pcm

In An Excellent Central Location A Superb 3 Storey Town House With Dining Room, Fitted Kitchen/Breakfast Room, Cloakroom, 1st Floor Sitting Room.

Dullingham £995pcm

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We all love Giulietta

Polo is Car of the Year

THE current eco-drive dictated that it was always going to be a small, super-green small vehicle, so congratulations to the Volkswagen Polo for walking away with the 2010 Car of the Year award.

And it should be no surprise to learn that its main contender – and eventual runner-up – was the Toyota iQ.

Voting was close, as the Polo scored 347 points against 337 for Toyota's city runabout iQ – with other hopefuls cantering home well behind those two.

The Vauxhall Astra achieved 221 points from the European jury, which included six UK-based members.

The other finalists were the Skoda Yeti (158 points), the Mercedes-Benz E-Class (155), the Peugeot 3008 (144) and the Citroen C3 Picasso (113).

Volkswagen's winner only went on sale here in October, in five-door form, with the three-door version not due until the first weeks of 2010.

It has already proved a big showroom draw – more than 8,000 orders have been taken, an incredible 86 per cent above the projected sales volume. The new year sees the arrival of the BlueMotion model, which can return 83mpg on the combined cycle, while emitting just 90g/km of CO2. Those figures make it one of the most efficient, eco-friendly cars on the market.

Volkswagen last held a COTY title 17 years ago, when the third-generation Golf wowed the 59 award jurors, who are spread across 23 European countries.

That year, it emerged the victor over the Opel Astra and Citroen ZX.

Autocar magazine editor Steve Cropley, one of the UK jurors this year, confirmed that climate considerations counted strongly in the final vote-count.

White on: The Volkswagen Polo.

"Small, economical cars were the best of this year's crop," he says.

"The Polo is a very complete, very refined car which delivers all the consistent qualities VW has become so well-known for.

"But the iQ did amazingly well, and it was nice to see good support for the Astra, whose maker, GM Europe, was victorious in 2009 with the Insignia executive car."

Volkswagen's group chairman, Professor Martin Winterkorn, says the winning, fifth-generation Polo was designed to address customer expectations with even greater, uncompromising standards.

"So we are naturally very pleased to see our efforts validated in this award," he adds.

When the three-door arrives in January, it will have the same engine and trim level availability as five-door models.

The trim levels work up through S, SE, Moda and then on to SEL, which is the luxury offering.

Alfa Romeo relaunches legend

THE new Alfa Romeo Giulietta will be presented to the world at the forthcoming Geneva Motor Show in March.

Sales of the new model will start in spring and be gradually extended to all the major markets. The Alfa Romeo Giulietta is expected to give new impetus to the brand in one of Europe's most important segments.

In its centenary year, the name is both a tribute to an automobile heritage and to Alfa Romeo itself.

The Giulietta is a car that, in the 1950s, caught the imagination of generations of car enthusiasts, fulfilling their dreams of owning an Alfa Romeo, and making its high level of comfort and technical excellence accessible for the first time.

Don't skimp on repairs!

FOR recession, read fewer car repairs.

The credit crunch has hit Britain's motorists harder than the statisticians will have you believe, and survey after survey is showing that more and more drivers are deferring vital car repairs due to the downturn.

The used-car valuers at Glass's found almost half of UK motorists have put off car servicing or repair expenditure this year, which could hit the effectiveness of vital vehicle-safety systems.

But drivers could also be shooting themselves in the foot in the long-term, adds Glass's.

"Prospective purchasers are always more likely to buy a car which has a full service history over one that does not," it warns.

Worryingly, though, the latest Glass's survey showed 8 per cent of drivers have taken the potentially dangerous decision to delay the purchase of replacement tyres, while 15 per cent had postponed routine professional car services.

"While it is inevitable that some consumers will respond to deteriorating economic conditions by cutting back on aspects of their motoring expenditure, it is concerning that scheduled services and tyre purchases are being deferred," said Glass's managing director Andy Carroll.

"These are crucial for safety, and also have an impact on resale values.

"Moreover, by delaying important checks and missing manufacturer-stated service intervals, motorists are putting warranty cover at risk," he warns.

How to choose a used car

SECOND-HAND cars that haven't earned any kind of a reputation – good, bad, expensive to run etc – will always be cheap buys, says *Used Car Expert* magazine editor Matt Tumbridge.

"And they have as good a chance of being reliable as anything else you can buy," he adds.

Here's three examples:

■ Rover 25: "Well-built, this is a sensational value small hatchback with reasonable equipment levels, and simple, timeless looks. It is a Honda Civic, but without the reputation," says Tumbridge.

Used Car Expert magazine prices a 2000 1.6 petrol with 50,000 miles at between £1,000 and £1,400 retail. "But at an auction you'll pay less than £500," he says.

■ Renault Scenic: "The first small MPV, it is a good-looking alternative to a family estate. There's lots on the market, so you can be fussy and find something for any budget."

Bargain: The Vauxhall Omega.

Used Car Expert magazine prices a 2001 1.6 petrol at anything from £1,000-£2,000 from the trade, depending on mileage, specification, and condition. "But at auction it is more likely to sell for £600 to £800," Tumbridge adds.

■ Vauxhall Omega: "This luxury saloon is available at bargain prices – and relatively cheap to keep on the road, too," he says.

Used Car Expert magazine prices a 2002 2.5 or 2.6-litre petrol with 70,000 miles at £2,000 -£3,000 retail. "I saw one go through auction recently – with a decent service history – for just £425."

Good-looking: The Renault Scenic.

Well-built: The Rover 25.

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Fiat's Punto Evo is priced from £11k

Great spec: The Fiat Punto Evo goes on sale next month.

PRICING for the forthcoming Punto Evo has just been announced by Fiat UK.

With a starting price of £10,995 the new car, which goes on sale in the UK in January, represents outstanding value for money. At the top end of the Punto Evo range, the highly specified Sporting 1.4 MultiAir version costs £15,295 – an OTR price that includes sports seats, cruise control, side skirts, air conditioning, sports suspension and 17-inch alloy wheels as standard.

Available with a choice of five low emissions, Euro 5 engines, all fitted with Start&Stop as standard, the new Punto Evo comes in five different trim levels – Active, Dynamic, GP, Eleganza and Sporting.

Among the advanced engine line-up are two power units featuring Fiat's new MultiAir technology. The full list includes: 1.4 8-valve petrol, 1.4 16-valve MultiAir petrol (105bhp and 135bhp) and 1.3 16-valve MultiJet diesel (75bhp and 95bhp).

Standard equipment in the entry-level Active model includes ABS anti-lock brakes with EBD, driver, passenger and knee airbags, radio/CD/MP3 player, power steering, electric mirrors and Blue&Me infotainment.

Dynamic trim level adds such equipment as side and window airbags, leather steering wheel and air conditioning, while Eleganza models get alloy wheels, cruise control and rear parking sensors as standard. The GP specification includes rear spoiler, dark tinted headlights and foglights.

"There has been much speculation about the price of the new Punto Evo since we first announced the car earlier this year, and we're delighted now to be able to reveal details," says Elena Bernardelli, marketing director, Fiat Group Automobiles UK.

"Punto Evo is in an important and highly competitive sector of the market but we are confident that we have a beautifully-equipped car at value-for-money prices that will keep it competitive and desirable."

The Punto Evo goes on sale through Fiat's 170-strong UK dealer network in January.

FORDHAMS

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Models illustrated: MY10 Zafira Active Plus, Corsa SXi, Astra 3dr Active Plus and Astra 5dr Active Plus. *A customer saving will be applied to the RRP (including delivery, but excluding any factory fitted options or accessories) and is equivalent to the current rate of VAT at 15%. VAT is still applicable and will be shown on the customer's invoice. Offer available to private individuals. All other sales categories are excluded. Offer is not available in conjunction with the Government Scrappage Scheme. Offer applies to selected new vehicles ordered between 04.12.09 and 31.12.09 and registered by 31.12.09. Offer applies to selected Retailer stock only and is not available in conjunction with any other offer. Saving shown of over £4,260 relates to the customer saving of £4,261.96 on an Insignia Sports Tourer VXR NAV model. (Vaux84634)

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3 HOMES
4 GARDENS
5 FAMILY
6 HEALTH & BEAUTY
7 PETS & LIVESTOCK
8 LOCAL SERVICES
9 AGRICULTURE & FARMING
10 BUSINESS SERVICES
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Storage

STORAGE , clean, dry, secure, local and convenient to you, purpose built, indoor self storage. Call Safebox on: 07894 427724.

9 AGRICULTURE & FARMING

Farm Services

CHRISTMAS Trees, help dig your own £2.00 per foot. Cox Apples from £3.00 per 12lb box. R Norman Aldreth Road Haddenham. Saturday & Sunday 10am - 4pm.

10 BUSINESS SERVICES

Business Opportunities

INTERESTED in becoming a part-time Personal Wellness Coach? No experience needed . Call or Txt: PWC to 07743 876967

Business Services

OFFICE and website assistance. www.ely-office-services.co.uk. Telephone: 01353 649951 or 07702 505703

12 PROPERTY

Accommodation to Let

1 BEDROOM House with garage and garden, St Ives, £450 pcm. Tel: 07968 732156

GODMANCHESTER 2 bed house, own driveway, £540 pcm excl. Tel: 07720 974231.

HADDENHAM Luxury 2 bed, park home, stunning views, close to amenities, £450 pcm. Tel: 07737 767188.

HAVERHILL furnished 3 bed house £160 pw, 4 bed house £190 pw. Tel: 0795 8905906

HAVERHILL rooms to let in furnished house from £65 per week, inc council tax._ 07958 905906.

LUXURY single room to let, 30 mins drive to Cambridge includes double glazing, central heating, 32" LCD TV, just decorated, £350 pcm all inclusive. Call John: 07919 681160. www.kerrysyard.co.uk

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NEWMARKET Modern 2-bed house, small garden, 2 parking spaces, easy commuting, c/h, No pets. Non-smokers with good references preferred. £480pcm 2-monthly in advance. Tel: 07850 549014

NEWMARKET 1/2 bedroom flats available all f/f, modern, clean tidy. Call for more details 07958 741635 /07916 324902/ 07957 351420

ONE bed Annexe, good location, easy access M11, p/f, immaculate throughout, single professional tel: 07527 068623

SOHAM U/f 1st-floor 2-bed flat (possibly 3-bed). References essential. £450 pcm. 6-month tenancy starting 2009 awarded winter discount. Tel: 01353 720650

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Garages / Parking

LOCK up, secure garage /storage, Littleport, £13 pw Tel: 07712 434613

Property for Sale

SOHAM 2 bedroom modern house, no chain, £115,000 freehold Tel: 01353 727000

13 PUBLIC NOTICES

Contact your Local Team
Newmarket Weekly News
01638 662581

Public Notices

HIGHWAYS AGENCY

HIGHWAYS AGENCY
ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)(A)
THE M11 MOTORWAY (JUNCTION 9 TO JUNCTION 12, CAMBRIDGESHIRE)
(TEMPORARY RESTRICTION AND PROHIBITION OF TRAFFIC) ORDER 200

NOTICE IS HEREBY GIVEN that the Secretary of State for Transport intends to make an Order on the M11 Motorway in Cambridgeshire, to provide a safe working environment for the workforce whilst carriageway resurfacing works are carried out between Junctions 10 and 11.

The works would take place overnight between 8pm-6am Mondays to Thursdays, 9pm-8am Fridays, 7pm-10am Saturdays and 9pm-6am Sundays and are expected to begin on or after Monday 4 January 2010 and last for approximately 3 months. The Order would come into force on 29 December 2009 and have a maximum duration of eighteen months.

The effect of the Order would be to –

(a) close, in turn, the northbound and southbound carriageways of the M11 between its junctions with the entry and exit slip roads at Junctions 10 and 11, including those slip roads; and

(b) impose a 50 miles per hour speed limit, for 24 hours a day in the interest of safety due to incomplete safety barrier and to accommodate overnight works, on the M11 –

i. northbound carriageway between the centre point of Ickleton Grange Overbridge, north of Junction 9 and 300 metres north of the centre point of Plant Breeding Institute Overbridge, north of Junction 11 including the northbound entry and exit slip roads at Junctions 10 and 11, and

ii. southbound carriageway between the centre point of Haggis Farm Overbridge at Junction 12 and 500 metres north of the centre point of Duxford Grange Overbridge south of Junction 10, including the southbound entry and exit slip roads at Junctions 10 and 11.

During the closures –

i. traffic wishing to join the M11 southbound at J14 would be diverted via the A14 eastbound to J35 at Stow cum Quy, the A1303 eastbound to join the A1304 southbound, the A11 and either the A505 to M11 J10 at Duxford or the M11 Spur Road to M11 J9,

ii. southbound traffic at M11 J11 would be diverted via the A10 towards Royston then the A505 to M11 J10 at Duxford, and

iii. northbound traffic would be diverted at M11 J9 onto the M11 Spur road then via the A11, the A1304 and the A1303 to join the A14 at J36 to M11 J14, alternatively, northbound traffic would be diverted at M11 J10 via the A505 eastbound, the A11, the A1304 and the A1303 to join the A14 at J36 to M11 J14.

Vehicles with an overall width exceeding 2.9 meters would be exempt from the closure described at (a) due to unsuitable diversion routes and would wait to be escorted through the works area.

The temporary mandatory speed limit (which would not apply to emergency service vehicles) and closures (which would not apply to works, emergency service, traffic officer or winter service maintenance vehicles) would be clearly indicated by traffic signs throughout the works.

MRS A V MIDDLETON
An official of the Highways Agency

General enquiries relating to this notice may be made in writing to Nick Cook at the Highways Agency, Woodlands, Manton Lane, Manton Industrial Estate, Bedford MK41 7LW or by telephoning him on 01234 796040.

14 PERSONAL SERVICES

Personal Services

ANGEL and friends escorts. Tel: 07040 901535.

AONG Yang professional massage by qualified lady in Newmarket. Tel: 07776 386787.

Personal Services

BLUE Escorts. Registered professional escort agency. Tel: 07986 251949 or 07005 946939. Escorts and drivers required.

CAMBRIDGE massage, professional, relaxing, enjoyable, 10am - 11pm. Cambridge. Tel: 07940 286109/ 07733 30339

CAMBRIDGE Oriental, classy massage, 10am - 11pm. Tel: 07871 840274

Personal Services

CAMBRIDGE Jasmine, escort, 7 days a week, discreet location. Tel: 07554 958884.

CAMBRIDGE Tokyo, sweetie, VIP service, 7 days. Tel: 07897 605784.

CLAIRE Natural girlfriend experience, warm escort, late 30's. Tel: 07504 373624.

CLASSY and discreet, Toni, available most days. Tel: 07717 668725.

ELY BUTTERFLY Massage, open 7 days a week. 10am - 11pm. Tel: 07901 798369.

ELY area, escort service, bubbly fun female. Tel: 07804 503703.

ESCORT Newmarket, relaxing fun, 7 days. Tel: 07818 798296.

EXCITING Miss Benz, £90 December only. Pre-bookings preferred. Tel: 07760 281898

EXECUTIVE VIP massage by appointment only, Mon-Fri, 9am-7pm. Tel: 07722 023406.

FOXY Kittens escorts. Tel: 07040 901443

FREE text messages from women wanting local dates. Call: 08451 235921 for full details. Discretion assured.

HARLOW Junction 7, 2 minutes off M11, massage, 11am- 7.30pm. Tel: 01279 412364.

HI I'm Sophie and I am new to area. Tel: 07599 151873

JESSICA new to Cambridge, discreet location, looking forward to hearing from you. Tel: 07544 751919.

NEWMARKET Massage. Genuine traditional oriental massage. By appointment only. Tel: 07900 684745.

PLATINUM Escorts, the regions first choice. Professional, reliable, discreet. Female escorts required. Tel: 01480 404017.

SAM mature. fun blonde escort, Ely area. Tel: 07858 644434.

SAPPHIRE genuine 24, fulfill your dreams with me, you've seen the rest, now see the best, competitive rates, 24/7. Tel: 07980 949022.

SAWBRIDGEWORTH opposite station, 10 minutes from M11, massage, 11am- 9pm, 7 days. Tel: 01279 724280.

UPTOWN Girls, escort service. Down town prices from just £100p/h. Female staff required. Tel: 07974 463458.

£40P/H, £50p/h, £65p/h. peaceful surroundings. Carly. Telephone: 07952 912490/ 07981 228064/ 07854 012397.

Cambridge News NEWSPOINT
You can now book family announcements and private classified advertisements at our NEWSPOINT at the Grafton Centre Information Kiosk in Cambridge.

11 SITUATIONS VACANT

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Carers
Required to join existing team.
Good rates of pay.
Transport required.
For further details telephone: 07950 876496

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General Vacancies

ADMINISTRATOR for sales and purchase, quotations and tenders. Must be SAGE Line 50 experienced. Medical products distributor. Good prospects. Please call: 01223 897989.

CATALOGUE distributors wanted. £50-£500 p/w. part-time/full-time/ school hours. Tel: 01223 852944.

CLEANERS required in the following areas Gt Chesterford, Saffron Walden, Melbourn and Sawston, various hours available. For more information please call: 01223 832922.

CLEANROOM Facilities Maintenance Engineer. 3 month booking - Cambridge. Hands on experience within hi-tech industry - covering compressed air, special gases, liquid nitrogen etc.,to £16.00 per hour 01223 423267.

ENTHUSIASTIC and proactive Recruitment Consultant required by leading Healthcare Agency. Please contact Melissa Batley on: 01952 278330 for further details.

EARN £50-500 per week, part-time or full-time from home. Call: 0800 4588426.

HAIRDRESSER Recruiting a creative, dedicated and passionate individual to join our energetic, young team. Accommation available. Salary dependent on age and experience. Tel: 07747 176507 or 01638 665885.

SPEEDLINK requires owner drivers in your area. Excellent Rates of pay per loaded mile. Training/ uniforms provided. Visit www.speed-link.org/jobs or call 0844 7362805.

VICTOIRE Press requires an experienced operator for our high volume Xerox printers, competent in FreeFlow and DigiPath, Photoshop, Acrobat and Office. Please apply in writing, enclosing your C.V. to Victoire Press (Ref: DOC09) 1 Trafalgar Way, Bar Hill, Cambridge CB23 8SQ by 23rd December 2009.

Farm Manager
Required for new free range table poultry unit near Ely.
Experience required / house available.
Please contact Agnus for application form on 01953 498434 or email c.v. to mark.gorton@tnpltd.com

Sales & Customer Services Executive
BHMA The BHMA Group

Key Skills:
Computer literate in all areas
Good customer service skills
Professionally mature
Hard working
Able to multitask

Main Duties:
Being the first point of contact for current and potential customers
Taking orders over the phone
Giving customers advice and answering their queries about our products
Replying to email enquiries
Ordering products from suppliers

Essential Qualifications:
GCSE's, B grade or higher in Maths and English.
A computer qualification such as ICT GCSE or Key Skills Qualification preferred.

Salary £15,600 for 40 hours Monday to Friday. Holidays 4 set weeks per year plus Bank Holidays.

Contact Patrick Huggins at Patrick@bhma.co.uk

Cambridge News jobFAIR 2010

THE REGION'S BIGGEST AND BEST CAREERS EVENT

THE CAMBRIDGE CORN EXCHANGE

WEDNESDAY 20th JANUARY 2010
10am - 5.30pm

Find a new career • Find a training course • Advice on CV writing and interview techniques

SOME OF THE EXHIBITORS ATTENDING SO FAR ...

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Local authority providing a wide range of services for our residents

Britian's brightest energy company

MARSHALL AEROSPACE
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Cambridge News

General Vacancies

Cambridge Newspapers

Media Sales Advisor

Maternity cover, fixed term contract initially for 6 months
Full-time, Milton
Starting salary £13,300 + generous bonus scheme

We are looking for a target driven person to sell advertising across our portfolio of publications over the telephone. The role entails liaising with regular clients, seeking out new business opportunities and assisting with the design and layout of advertisements.

Computer literacy, a good standard of written English and an excellent telephone manner are essential. You must be hard-working, enthusiastic and have a hands-on approach to growing our share of the market. Sales experience is preferred, but not essential as full in house training will be given.

This position offers a generous bonus scheme, on top of a competitive salary and ongoing training and development opportunities.

In the first instance please forward a CV and covering letter to Louise Shephard: louise.shephard@cambridge-news.co.uk or telephone 01223 434311 and we will forward a job description and an application form.

Closing date: Friday 11th December

It is the company policy to welcome applications from any individual regardless of ethnic origin, gender, disability, religious belief, sexual orientation or age. All applications will be considered on merit.

- Competitive salary
- 5 weeks annual holiday
- Following a probationary period there is an option to join a contributory pension scheme and subsidised health cash plan
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HEAD OFFICE:
Winship Road, Milton
Cambridge CB24 6PP
www.cambridge-news.co.uk

INVESTOR IN PEOPLE

General Vacancies

Cambridge News
NEWSPOINT

You can now book family announcements and private classified advertisements at our **NEWSPOINT** at the Grafton Centre Information Kiosk in Cambridge.

Window & Door Installer

Required with experience.
Ring Don Phillips on: 01440 763178

JOIN A NEW, FAST GROWING INDUSTRY!

New 'green' EU laws require millions of Energy Assessments to be carried out by newly trained Assessors.

CASH IN on this environmental opportunity by training now for an exciting career as a Commercial Energy Assessor in an industry that is thriving even in the recession. No experience necessary and train around your current commitments.

2.1 MILLION commercial properties and homes are estimated to be sold or let this year and must by law be visited by an Assessor - next year 500,000 more with air-conditioning must have Energy Assessments.

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RECEIVE subsidised training if you opt to be available to work for our Energy Assessor Panel OR work for other assessment providers OR start your own energy consultancy.

EARNINGS on qualifying of up to £1,500 per Assessment.

FIND OUT MORE - ring up to 7pm today for an interview.

ref: HCM50T

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Contact your Local Team
Newmarket Weekly News
01638 662581

Hotel & Catering

COOK Close to City Centre, parking available. 3hrs a day over a rota. Current Food Hygiene Certificate required. Start January. Please call Jane: 07812 427983 for information.

EXPERIENCED ASSISTANT CHEF

Required for a busy pub.

Good salary.

Telephone Giles or Janie on: 01440 783224.

Part Time - Temporary

delivery agents wanted

We are currently looking for Agents to deliver the Cambridge News in the following areas:

CHEVELEY

Suitable for anyone over 13 years, we offer an excellent rate of pay in return for delivering our newspapers.

To find out more information please call
0800 389 5351

Online Advertising Sales Executive

Want to be apart of the Official Website of Milton Keynes?

As the website of choice for both residents of, and visitors to, MK, our site **www.mkweb.co.uk** has enjoyed phenomenal growth over the past 10 years.

We are now looking for a highly motivated individual to join our growing sales team.

The ideal candidate will have a proven track record in both field and telesales and have a keen interest in all things internet.

You will:

- Be results focussed
- Have outstanding written and verbal communication skills
- Be enthusiastic
- Be comfortable with both the internet & the MK market place
- Be able to develop existing client relationships and forge new ones

Based at our attractive offices by Willen Lake you will benefit from a competitive starting salary plus excellent bonus potential.

As a member of **Iliffe Digital Media** we also produce websites across Herts, Beds, Bucks, Cambs, Essex, the Channel Islands and the Midlands.

We offer...

25 days holiday per year.

Regular training and career development.

Contributory Pension and Healthcare after qualifying period.

To apply send your CV and a covering letter to: job0809@mkweb.co.uk

or for more information please contact: Peter on 01908 357047

MKWEB
WWW.MKWEB.CO.UK

It is the company's policy to employ the best qualified personnel and provide equal opportunity for the advancement of employees including promotion and training and not to discriminate against any person because of sex, race, pregnancy, disability, marital or family status, age, sexual orientation, religious beliefs or trade union membership.

Cambridge News
NEWSPOINT

You can now book family announcements and private classified advertisements at our **NEWSPOINT** at the Grafton Centre Information Kiosk in Cambridge.

do you have unwanted items?

Private Advertisers Only

Here are 3 simple ways to help you sell them!

☐ **FreeBee service** - For items up to £100
1 insertion into Cambridge News Completely FREE!
FAX, EMAIL or POST us your FreeBee

☐ **£5 for one week** - For items up to £500
6 consecutive insertions into Cambridge News for £5!

☐ **£10 - til - sold** - For items up to £500
12 consecutive insertions into Cambridge News for just £10! And we will rebook it FREE until you sell it!

FreeBee's must be **faxed** on 01223 434222, **emailed** to freebee@cambridge-news.co.uk or **posted** (address below)

To place a £5 or £10 deal - you can call:
01223 43 43 43 or

- Tick which option you wish to go for,
- Put your wording in the coupon below,
- Post to us (along with your cheque payment, if applicable)

To: Cambridge Newspapers Ltd, Winship Road, Milton, Cambridge, CB24 6PP

FreeBee s will appear in the 1st available edition of Cambridge News. Cambridge Newspapers Ltd reserve the right to amend any advertisement without prior notice.

No Firearms, pets/livestock, motorcycles, caravans or motor vehicles accepted. One item per advert. Max 6 lines. No trade advertisers

YOUR CONTACT DETAILS

Name: _____ Address: _____

Postcode: _____ Contact Number: _____

Jobsnow Help Centre

www.jobsnow.co.uk

Information provided on these pages is intended for general information purposes only and does not constitute legal or other professional advice.

Your CV

When you send your CV off to a potential employer, remember that you won't be the only one. Hundreds of other people could be applying for the job as well.

So what are you going to do to make you stand out from the crowd? Why should an employer take a chance on you instead of someone else?

Your CV is your first real chance to sell yourself to a potential employer. Most employers will scan through a CV in about 30 seconds so you need to grab their attention from the start - and make them want to invite you for an interview.

There are five main areas to consider when writing your CV:

• Make sure your CV looks the part. Your CV should look clean and tidy - don't scrawl it out on a piece of A4 paper. If you haven't got access to a PC or printer, ask a friend or use your local library. Use a good quality paper and steer clear of fancy borders and front covers.

• Watch out for silly spelling and grammar mistakes. They make you look lazy and show employers that you don't really care. It's not difficult to do a spell check on your PC and if you're really stuck then don't just guess, reach for a dictionary. Get a friend to read through your CV for you - a second opinion is always useful.

• Make sure your CV is well organised. When you list your previous jobs, make sure the dates are correct and try not to leave any gaps. If you took time out to go travelling then say so - employers won't mark you down just because you've tried something new.

• Don't waffle. Remember that employers don't have time to read every word of your CV. Long paragraphs and sentences put people off, so try bullet-points to break up text. Make sure your CV is no longer than two pages long - employers don't want your life history, they just want to see that you've got what it takes to do the job.

• Don't list any failures. Employers have enough trouble finding someone who is right for the job - they don't need help finding reasons not to employ you. If you have to include a mistake from your past, make sure you show the employer that you learnt something from the experience.

Keep it simple

Personal details
Start off with your full name, address, date of birth, home and mobile phone numbers, email address and nationality. If you are offered an interview, the employer will want to get hold of you so give him as many options as possible.

Summary/professional profile
This is the No1 area for selling yourself. Set out your main skills and personal qualities but keep it interesting and tight - one paragraph should do to cover everything.

Education and qualifications
List your qualifications and education history, with the most recent first. You don't need to list the grades for each exam you have passed unless they were exceptional results - simply listing the number and type of exams you've passed is fine. Also, list any relevant professional organisations you belong to and training courses you have been on.

Work experience
Start with your most recent position and work backwards, giving addresses along with start and finish dates. Set out your main responsibilities, duties and most importantly achievements, along with any skills you picked up or improvements you made while you were there. This is a really important section in your CV so make it count - but don't waffle.

If you have not had a full-time job before, detail any part-time jobs you may have held or any placement you have been on.

Other skills
Set out any computer skills you may have and the software you are most familiar with. Can you type, do shorthand or speak a foreign language fluently? If you have a driving licence, let the employer know. If it's clean, tell them.

Interests & hobbies
Briefly list what you get up to in your spare time. Put down any positions you hold in clubs or associations, along with any responsibilities and achievements.

References
Make sure you have at least two people (including one from your previous or current job) who will tell an employer what a thoroughly nice person you are and what a potential asset to the company you would be.

If you want to list them now make sure you include their name, job title, postal & e-mail address and contact phone numbers. Alternatively, just put "Available on request" so the employer knows to follow up references at a later date.

Add a covering letter

The main aim of a covering letter is to encourage an employer to give you a chance. You want them to read your CV, so sell it to them. You should always enclose a covering letter when applying for a job - most employers won't consider you unless you do.

A covering letter should let the employer know why you are interested in the job and why you think you can do it.

The hints and tips below should point you in the right direction:

• Keep it simple. A covering letter should be short and to the point - no more than six paragraphs.

• Mention the job. If you are replying to an advert, mention what the job is and where you saw it. The company may be advertising for other positions and it may not be clear which job you are applying for.

• Sell yourself. Explain why you are the perfect candidate for the job. Show off your strengths and experience. Refer to your CV - if it goes missing then at least an employer will know that you've sent it.

• Check it for mistakes. A silly spelling mistake in a covering letter is likely to cost you your chance of getting an interview. Also, make sure it is addressed to the right person in the right department.

A covering letter can be just as important as a CV in getting you an interview. It's your first point of contact with your potential employer - so make it count.

>>Hockey

Loren goal not enough

Newmarket II 1
Rutland 3
Cambs Women's League, Division One Cup
NEWMARKET tried a new formation and, with the recall of some faithful players, they set about Rutland with enthusiasm. However, Rachel Allen injured her calf in the first two minutes, Clodie Rolph was hit by a rising ball and Sue Edwards' commitment resulted in a stick across the eyebrow.
Rolling substitutions kept the side fresh and they thought they were about to take the lead when the unmarked Zoe Bailey was put through. However, the Rutland keeper blocked the shot and the follow-up was cleared.
The deadlock was broken two minutes before the end of the first half and then Rutland added a second after a goalmouth scramble. Newmarket replied from a well-worked penalty corner move, Loren Davenport pushing out the ball then getting in the right position to deflect Mel Cummins' strong shot into the net. And although their opponents added a third, Newmarket were content with the performance and scoreline, which was their best against Rutland.

>>Youth rugby

Backs in charge

Newmarket 0
Shelford 10
Under-13
A BATTLING performance by Newmarket's pack was not enough to overcome a well-organised Shelford team.
Although the heavy overnight rain left the pitch soggy, both sets of backs still attempted to play attacking rugby, although too often the final pass went to ground.
Newmarket's forwards dominated the early exchanges, with Peter Smith, James Pritchard and debutant Ryan Tilley making impressive drives. But it was Shelford who opened the scoring by turning over ball in the tackle and exploiting their extra man to score a try in the corner.
The second half mirrored the first, with Newmarket in charge up front and Shelford's dangerous backs a constant threat with their ability to spot the overlap.
And despite the efforts of Jack Barker, Ben North and Andy Baker, the visitors scored a second try to leave their opponents with a sense of what might have been.

>>Martial arts

Shane's success

SHANE Parker-Mallows marked a first as he earned a place on the medal rostrum at the British Tae Kwon-Do Championships.
The Mildenhall branch of the Mark Farnham Schools of Tae Kwon-Do has only been running for a short while, so Parker-Mallows third place in sparring was their first competition achievement.

>>Golf

Links up to mark

THE Links Club, Newmarket, has been awarded GolfMark accreditation (high achiever) after demonstrating their hard work and dedication to junior and beginners' golf.

>>Speedway

Priest on a mission

Luke in bid to get his career back on track

LUKE Priest wants to return to the glories of life before his horror smash three years ago as he prepares for his first full campaign with Mildenhall.

The 25 year old from Shrewsbury appeared in the Fen Tigers' final four Premier League fixtures in 2008 and joined mid-season in late May this year where he obtained a 7.23 average from 20 appearances.

"I felt established in my career prior to my big accident," said Priest.

"For the last two years, I have gone into the season with big plans, but they haven't materialised and Mildenhall have been there to give me an opportunity.

"We all clicked and had a very good end to the season and the general consensus was that if we could start next year with the same team, which has more or less happened, we'll do pretty well.

"My average is not what I'm used to, I was used to scoring 10 or 11 points before my crash.

"My first few meetings went well, then things levelled out a bit. Now I've got the experience and knowledge of my home circuit I will look to start the season as I mean to go on."

Luke Priest: "I will look to start the season as I mean to go on."

The severity of Priest's injures, following his crash in July 2006, sent shockwaves across the speedway scene as he fought for his life.

A shattered pelvis and serious internal injuries have now cleared, but he still has a metal plate in his left ankle to hold his tibia and fibula in place.

He added: "I don't remember anything about the accident and to talk about it is not a big deal.

"It was the first year Stoke had an air fence installed to improve safety, and, if it had been a normal fence, I wouldn't have done any damage.

"I still do the same things as I did before and I am trying my best to get back to where I used to be. I'll be stripping the bikes down and have a few practices at Stoke before Christmas and then hit the ground running in the new year."

>>Volleyball

Newmarket inflict capital punishment

NEWMARKET ventured into the unknown when they tackled London side, KS Osemka, in the first round of the National Shield.

However, an outstanding performance sent the visitors back to the capital bemoaning a comprehensive 3-0 defeat.

Newmarket even shrugged off the loss of their regular captain, Rob Dovaston stepping up to the mark and leading by example with some of the best volleyball of his career.

The home side pinched the lead in the first set and, thanks to well-placed serves by Ben Child and Pete Gale, took a 1-0 lead after a narrow 25-23 success.

Knowing the visitors would step up their game in the second set, Newmarket also moved up a gear, Charles Reid and Nik Mezanov to help clinch another 25-23 scoreline.

The third set saw a massive change in both team's body language, the home team turning the screw as KS Osemka's heads dropped after they conceded dropping their heads after four straight points.

Fabio Stabile hammered a few ball-splitting spikes and, in record time, Newmarket finished off a weary squad of challengers 25-10 to book a second-round tie at either Dartford or Portsmouth.

The performance was a startling recovery after a midweek scare in the Cambridge League when their 100 per cent record was threatened by Cambridge's Block Party.

A strong side helped Newmarket take the first set 25-10 and they were cruising at 15-3 in the second before Block Party called their time-out. With their rhythm disrupted, the home team had to come from behind to scrape in 27-25.

Still reeling, Newmarket had to regroup and even a forced substitution in the final set did not disrupt a more settled side and they managed to retain their unbeaten record.

WEEKLY NEWS SPORT

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Priest on a mission

FULL REPORT IS ON PAGE 47

Fanshawe gives Cesare green light for hurdles

FORMER top-class miler Cesare has been given the go-ahead to make the switch to hurdling at Doncaster on Saturday.

James Fanshawe has confirmed that the son of Machiavellian is ready to take a course the trainer has taken with some notable jumping names, including the champion hurdler Royal Gait.

And he confessed that on the question of stamina, the proof of the pudding would be in the eating.

"We are aiming to run him at Doncaster," said the Newmarket handler.

"Both Paul Moloney and Steve Smith Eccles have schooled him and he appears to enjoy his jumping.

"However, it is obviously a very different type of thing going from a mile to two miles over hurdles, although there is plenty of stamina in his pedigree and he didn't mind soft ground on the Flat." Fanshawe is hoping Moloney will be available to take the ride.

"With Cheltenham on the same day we'll have to play that one by ear. Obviously I hope Paul will be free," he said.

Cesare showed himself to be especially effective at Ascot and as recently as last year finished second to Paco Boy in the Group One Queen Anne Stakes. He has been placed in several other Group races and is a Group Two winner.

■ French ace Stephane Pasquier was crowned the 2009 International Champion in Mauritius after he won all his four races in the jockeys' challenge weekend on Saturday.

Although he could not continue his winning streak on the Champ de Mars track at Port Louis on Sunday, he had accumulated too many points for any of the other seven jockeys, including Frankie Dettori and Hayley Turner, to overturn.

>>Racing

>>Athletics

Ben blows hot in testing Luton race

BEN Blowes defied the odds to clock an impressive time for the Luton Marathon. Hoping to round off an extremely good year – capped by completing the London Marathon in 2hr 50min – the Newmarket Joggers clubman knew the Luton organisers already laid out a tricky, technical course.

But strong winds and rain battered the hilly route, making a difficult course even harder. Blowes, though, only just failed to break three hours, finishing 24th in 3hr 41sec.

■ Steve Edwards led home Joggers' men's team in the final cross-country fixture of the year at Woodbridge.

Edwards was first home, crossing the finish line in 34min 54sec to finish 27th overall. Team captain Brian Munns was close behind in 36.57, followed by Neville Clarke 37.36. Jim Withers 40.10, Neil Williamson 41.58 and Terry Braverman 44.51.

■ Joggers' Paul Holley was third overall and the first veteran across the line in the Castle Coombe 10k in 34.28.

■ The Newmarket club held their annual awards ceremony on Friday. It was their best attended to date, reflecting the fact that the club now has more than 80 members.

Award winners were: Team Member of the Year – Alan Goodenough, most improved Female – Miranda Paul (four marathons and an ultra marathon in a year), most improved male – Stuart Janes, newcomer female – Kirstie Newton, newcomer male – Greg Davis, team member female – Cathryn Starling, team member male – Jim Withers. Special mentions went to Jenny O'Callaghan, Neville Clarke, Nick Conway, Debbie Read, Brian Munns, John Vale and Ursula White.

>>Darts

Sandra's honour

SANDRA Greatbatch wrote her name in the international record books when she turned out for Wales in a four-team tournament.

The Cambridgeshire stalwart from Lakenheath notched her 51st appearance for the Principality, making her only the second player in the history of the women's game to reach 50 caps.

Greatbatch – who won two of her three games to help Wales finish top against Northern Ireland, Southern Ireland, and the Isle of Man – was brought down to earth, though, when she was beaten as Cambridgeshire crashed 26-13 to Lancashire in the Rileys British Inter-Counties League, Premier Division.

Greatbatch, the women's A captain, lost 3-1 as her side crashed 5-1.

>>Boxing

Jab jolts Corner

JAMIE Corner's problems with Jesse Smith's left jab condemned him to a defeat in Norwich.

Haddenham boxer Smith's jab proved to be the deciding factor and Corner's coach at the New Astley club, Mark O'Reilly, felt there was little to choose between the pair.

He said: "There was no more than two points in it, but Jamie did have a slow start because he hadn't boxed for a long time. He had a really good last round and I was glad to see him back in the gym on Tuesday because that's a good sign of his commitment."

Richard Gammon: Scored twice on his last appearance for Newmarket.

>>Football

Gammon finishes in style

Newmarket Tn 4
Histon res 1
Ridgeons League Premier Division

RICHARD Gammon marked his final performance for Newmarket with two goals.

Gammon, who signed for Soham Town Rangers on Tuesday, scored both goals in the first half on Saturday, with Adam Murray also on target to give Town a 3-0 lead at the interval.

Histon battled back after the break and reduced the deficit through Craig Hammond, but Steve Bell rounded off the scoring with an angled drive.

"It was a very good performance," said Grainger. "They were a young side and battled away, but we played really well."

However, the Jockeys were beaten 3-2 by near-neighbours Ely City on Tuesday, Bell and James Lane getting their goals with Colin Vowden scoring an own goal.

Newmarket will be looking to get back to winning form when they entertain Dereham on Saturday.

Norwich Utd 2 Mildenhall Tn 3
Ridgeons League Premier Division

TWO goals from Ryan Foster helped Mildenhall come from behind to win.

After dominating the first 45 minutes, Town fell behind 10 minutes into the second half when James Patterson conceded a penalty. But Dave Werthmann headed home from a corner just two minutes later and Foster netted his first five minutes after that to put Simon Charlton's men ahead.

The visitors then conceded a second penalty, for a foul by keeper Josh Pope, to make it 2-2, but Mildenhall were not to be denied and Foster grabbed his second with 20 minutes remaining.

"It was a very pleasing win and nothing we didn't deserve," said Charlton. "It was a good game to watch and great to get three points as Norwich is always a scalp we want. We've now done the double over them."

Mildenhall are at home to Leiston in the league on Saturday before taking on Saffron Walden in the preliminary round of the Cambs Invitation Cup on Tuesday.

>>Rugby Union

Lee Kupyn: Try double

LEE Kupyn bagged two tries as Newmarket won 43-7 at Thetford in Eastern Counties One.

But despite preserving their 100 per cent league record, skipper Michael Reeves was disappointed with the display.

Kupyn's double was added to by tries from Patrick Tapley, Richard Harper, Stephen Green and Reeves, who kicked five conversions and a penalty. But he said: "It was probably our worst performance of the year. How we won 43-7 I don't know.

"I hold my hands up as I was forcing things I didn't need to force.

"We were 29-0 up at half time, and we got those 29 points in the first 20 minutes. It was a disappointing performance when we knew we could put a lot of points on them."

Reeves moans after a big win

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